

Matthew 28: Mark 14: Luke 22: John 18  
June 10-16

the  
love(d)welling

## The Sacrament

"Dad?" May turned to her dad just as he took a big bite of cereal. "Why do we have bread and water in church every Sunday?"

"Well," Dad swallowed his breakfast. "The bread and water help us remember Jesus. It's the sacrament."

"How?" May had more questions. "How do I remember Jesus when I take the bread and water?"

"Jesus told His apostles that the bread should remind us of His body and the water should remind us of His blood. Think of it this way- every time you eat popcorn, what do you think about?"

"Going to the movies!" May smiled at the thought."

"Right!" Dad said as he scooped up another spoonful of cereal. "Just as popcorn reminds you of the movies, the bread and water should remind you of Jesus."

"But why do we need to remember Him all the time?" May wondered.

"He sacrificed himself for us and we need to remember what He did for us. When we are baptized, we make a covenant or a promise that we will always remember Him. We can also remember the bad choices we made during the past week and repent as we take the sacrament. It's almost like being baptized again every week!"

"What if I forget to think about Jesus when I take the sacrament?" May sulked in her seat at the thought.

"Well, you can always try to remember the next time you take the sacrament. Here, let's come up with a list of ideas of what we can do to remember Jesus during the sacrament!"

"Okay, Dad!" May ran to grab a pen and notebook and together they came up with ideas to help them remember Jesus each week.