

# "Eat this as a way of remembering me!"

Luke 22:19

## ~Lord's Supper~

Jesus answered: I tell you for certain that you won't live unless you eat the flesh and drink the blood of the Son of Man. But if you do eat my flesh and drink my blood, you will have eternal life, and I will raise you to life on the last day. My flesh is the true food, and my blood is the true drink. If you eat my flesh and drink my blood, you are one with me, and I am one with you. **John 6:53-56**

During the meal Jesus took some bread in his hands. He blessed the bread and broke it. Then he gave it to his disciples and said, "Take this. It is my body." Jesus picked up a cup of wine and gave thanks to God. He gave it to his disciples, and they all drank some. Then he said, "This is my blood, which is poured out for many people, and with it God makes his agreement. From now on I will not drink any wine, until I drink new wine in God's kingdom." Then they sang a hymn and went out to the Mount of Olives. **Mark 14:22-26**

**Step 1)** Bless the bread by praying over it. Dedicate it to God to represent the body of Jesus Christ.

Break it and share with the group, eat in silence. **Step 2)** Take the grape juice and bless it. Dedicate it to God to represent the blood of Jesus Christ. Pour it in individual cups or share from the same cup, drink in silence.

**Step 3)** Then sing a hymn of your choice.

**(Consume everything dedicated, it must not be thrown away!)**

## ~Foot Washing~

Jesus knew that he had come from God and would go back to God. He also knew that the Father had given him complete power. So during the meal Jesus got up, removed his outer garment, and wrapped a towel around his waist. He put some water into a large bowl. Then he began washing his disciples' feet and drying them with the towel he was wearing. But when he came to Simon Peter, that disciple asked, "Lord, are you going to wash my feet?" Jesus answered, "You don't really know what I am doing, but later you will understand." "You will never wash my feet!" Peter replied. "If I don't wash you," Jesus told him, "you don't really belong to me." Peter said, "Lord, don't wash just my feet. Wash my hands and my head." Jesus answered, **# "People who have bathed and are clean all over need to wash just their feet."** And you, my disciples, are clean, except for one of you." Jesus knew who would betray him. That is why he said, "except for one of you." After Jesus had washed his disciples' feet and had put his outer garment back on, he sat down again. Then he said: Do you understand what I have done? You call me your teacher and Lord, and you should, because that is who I am. And if your Lord and teacher has washed your feet, you should do the same for each other. I have set the example, and you should do for each other exactly what I have done for you. I tell you for certain that servants are not greater than their master, and messengers are not greater than the one who sent them. You know these things, and God will bless you, if you do them. **John 13:3-17** **# (Foot washing is a mini-Baptism)**

**Step 1)** Take a large bowl and fill with warm water. **Step 2)** Set at the feet of the person who is going to get their feet washed. **Step 3)** Pray with them as their servant, and ask God to wash away any dirt in their life. **Step 4)** Wash their feet and then dry. **Step 5)** Pray a prayer of thanksgiving for the fellowship.

## Unleavened Bread Recipe

**Mix in bowl:** 1/2 cup flour, 1/8 cup oil, 1/8 cup water. Roll up into a ball, smash flat, and fry in pan.

Do not use salt or self rising flour. Flip often till cooked. Use this portion for the supper.

We then take the rest of the mix and fry it. Add butter to the top while it is cooking, then salt to taste as a treat.

**We Normally Do The Foot Washing First, Then The Lords Supper.**

"The Lord meant that when you eat this bread and drink from this cup, you tell about his death until he comes."

**1 Corinthians 11:2**