

HOW TO MAKE  
**COMMUNION BREAD**

## Ingredients

1 cup plain flour  
Pinch of salt  
1/4 cup of water  
1/4 cup of olive oil

## Method

Preheat oven to 150 deg C  
Combine plain flour and salt  
Add water and olive oil and mix to a dough.  
Roll out flat and mark with a fork before baking  
Bake at 150 deg C for 50 mins  
Let cool and snap into pieces



'This is my body, which is given for you. Do this in remembrance of me.' - Luke 22:19



# Communion Questions

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1. What was the Passover service about?
2. What is the Communion service about?
3. Why did Jesus have this special service with his disciples?
4. Why do we still take Communion today?
5. What does the washing of the feet mean?
6. What does the Bread symbolise?
7. What does the grape juice symbolise?
8. How is the service meaningful to me today and how does it help me serve others?

Join us for Communion online this Easter Sabbath

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# Communion Question Helps

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1. Jesus shared a Passover meal with his disciples. Passover was something that took place long before Jesus was born. It was a miraculous event where the Angel of the Lord passed over the land and protected the Israelites. Every year, the people would celebrate the Passover to remember how God had saved them from Egypt. See Exodus 1
2. The **Holy Communion** represents the greatest expression of God's love for His people. Communion took the place of Passover. *Desire of Ages, Chapter 72 - In Remembrance of Me. Luke 22:14-23.*
3. This meal was important for another reason. It was the last meal Jesus would have with His disciples. Jesus knew what was about to happen to Him. He was going to go to the cross to die for the sins of the people. But the disciples didn't know that yet. So, Jesus used this last supper to explain what He was about to do for them.
4. In remembrance of what Jesus did for us on the cross and looking forward to being with Him in heaven. *Desire of Ages Chapter 72 (659-660).*
5. It was customary for a servant to wash the feet of guests in the home. Jesus, chose to wash his disciples' feet, as an example of how to serve others. The main purpose of **Foot Washing** is caring for others and to follow Jesus example in everything we do. As long as we do it with love, this act will bring feelings of community and service to others. It is a reminder for each of us to love and care for each other. Read the meaning of the washing of feet in *John 13:1-17, Desire of Ages Chapter 71 - A Servant of Servants.*
6. The breaking of the **Bread** represents Jesus' body broken for us on the cross. The unleavened bread represents no sin. Read *Matthew 26:26.*
7. Drinking the **Cup** (Grape Juice) symbolises Jesus' blood shed for us on the cross. Read *Matthew 26:27.*
8. Have a discussion with your family, group or class.