

Episode 4 - The Lord's Supper

1 Corinthians 11:23-26



BIBLE MEMORY VERSES

Read 1 Corinthians 11:23-26 together as a family. Discuss the text together and then have each family member try to memorize these special lines from Scripture:

“This is my body, which is for you; do this in remembrance of me.” (Verse 24)

“This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” (Verse 25)



THE LORD'S SUPPER

When we celebrate the Lord's Supper we are celebrating Jesus. The bread is Jesus' body. The cup is Jesus' blood. Jesus is telling us that his body and blood will die for us on the cross. Just as 1 Corinthians 11:26 says, "For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."

CELEBRATE JESUS: MAKE YOUR OWN BREAD!

Ingredients

- 1 1/2 cups whole milk, warmed
- 2 tablespoons sugar
- One 1/4-ounce package active dry yeast
- 4 1/2 cups unbleached all-purpose flour, plus extra for dusting
- 3 tablespoons unsalted butter, melted, plus extra for buttering the pan
- 1 tablespoon fine salt
- A 9-by-5-inch loaf pan

1) Put the milk, sugar, yeast and 1 cup of the flour in a large resealable plastic bag. Squeeze the air out of the bag and seal. Squish with your hands until well mixed. Let it rest for 10 minutes at room temperature; the mixture will begin to bubble.

2) Add the melted butter, salt and remaining 3 1/2 cups flour to the bag, seal and squish again until well blended. Remove the dough from the bag and put it on a floured surface. Knead until smooth, about 5 minutes.

3) Butter a 9-by-5-inch loaf pan and add the dough. Cover with a kitchen towel and put in a warm spot until the dough has just risen about 1 1/2 inches over the top of the pan, 2 to 2 1/2 hours.

4) Position a rack in the center of the oven and preheat to 375 degrees F. Brush the top of the dough lightly with warm water and bake until golden brown, about 35 minutes. Using oven mitts, remove the loaf from the pan and place in the center of the oven rack. Continue baking until the loaf sounds hollow when rapped lightly with your knuckles on the bottom and top, or an instant-read thermometer inserted in the center registers about 190 degrees F, about 30 minutes more. Transfer the loaf to a cooling rack and cool completely before slicing.

