



# HOLY THURSDAY

## Activity – Holy Thursday Family Supper

Have an indoor family picnic to remember the Last Supper, with fresh bread, prayers, and a little sharing.

Make this meal special by making this a picnic meal in your living room floor. Spread out a large blanket or quilt – this will make it more like the Last Supper, since people in Jesus' time did not sit in chairs to eat. Have children sit comfortably or lay on their sides, propped up by their elbows.

If you choose to eat at your normal table, have your children set the table in a way that will make this meal a special one, such as: Light some candles and/or lower the lights; Display some flowers; Use place mats or a table runner.

Have some sort of bread or rolls as part of your meal.

Offer the following grace, or one your family is familiar with:

**Bless us, O Lord, and these thy gifts.**

**Guide and protect those people who give their time and money to help hurting people everywhere.**

**May this food give us the strength to help the hungry, thirsty, and homeless.**

**May our love here at this table increase as we share this meal.**

**May those who are not with us here at this table today know how much we love them. Amen**

Soon after you have started your meal, share the following background:

The Last Supper was probably just a somewhat normal meal for Jesus and his friends. In Bible times a lot of people would lounge on low couches and eat food from low tables or food placed on blankets on the floor – like an indoor picnic.

When it was time, Jesus and his friends gathered in this “Upper Room”. They told the story of the Passover and listened again to the story of Moses. But as they were eating, Jesus did something unusual. He held up the bread and said, *“Take, eat: This is my body, which is given for you. Do this and remember me.”*

Talk about how bread is common food in almost every culture and it is something that sustains life. Then have someone hold up the bread, take a piece to keep, and pass the bread around the table.

### Explain the significance of the Last Supper:

- At this meal Jesus shared himself in a new way. He gave himself with all his love to his apostles.
- He wanted his friends to remember him by having this special meal.
- Now we call this special meal, in which Jesus offered himself for each of us, the **Mass** or the **Eucharist**.

### Other questions for sharing:

- Reflect back to past meals and moments around the table. What meals have been memorable? What gatherings made you feel welcomed?
- How does it make you feel to know that Jesus fed and shared a meal with all of his disciples, even Judas who would soon betray him? What does that teach us about God?
- Jesus gives thanks for the bread before breaking it. What things do you give thanks for in your life? Make a quick mental list of 5-10 things you often forget to thank God for. Jot them down or share them with those gathered at the table.
- Food is a common love language. Think back to a time when someone offered or prepared food for you as a sign of love. Do you think that Jesus was trying to express his love for his disciples in this last meal?