

# Eat, Drink, and Remember Me

By RLD Editorial Team

for use as  
**STEP 1** 

**Lesson 3****Focus:**

Jesus gave us a way  
to remember Him.

**Lesson 3****Bible Basis:**

Matthew 26:26-30;  
1 Corinthians  
11:23-28

**Lesson 3****Memory Verse:**

Whenever you eat this bread and drink  
this cup, you proclaim the Lord's death  
until he comes.  
—1 Corinthians 11:26

To introduce the topic of how we remember Jesus, students will consider the ways we remember people by watching a video clip about fans memorializing famous people who passed away in 2025.

**Materials:**

- Internet access

You may have seen online or on social media about all the famous people who passed away in 2025—including many big-name actors and even famous British conservationist Jane Goodall. In addition to the families and friends of the individuals, people around the world mourned their losses. In late December 2025, the TODAY Show created the following video to pay tribute to many of these people.

Play the following video [4:34; stop at 1:02 to conserve time]:

In Memoriam: Remembering Those We Lost in 2025

<https://www.youtube.com/watch?v=Fp5iJp9wg6o>

- **What might have inspired the TODAY Show—and fans worldwide—to memorialize the passing of celebrities they didn't personally know?** (Accept all reasonable answers. These fans were inspired by these people's lives, careers, talents, etc. They wanted to show their respect.)
- **How do memorials help us celebrate and remember a life?** (Accept all reasonable answers. Memorials take up physical space. This gives people an opportunity to pause and reflect, to join together with others, and to bring mementos. This also shares the legacy of the person with all who walk past and encounter it, carrying on their story.)

➤ **Do you have any physical reminders of those in your life who have passed?** (Answers will vary. Ensure students are sensitive with one another as they share, particularly if you know of a recent or poignant loss. Often it is the everyday items we keep and cherish from our loved ones who have passed—handwritten recipes, a sweatshirt, their Bible, etc.)

**Before Jesus went to the cross to give His life, He left us with a tangible way, using everyday items and a particular meal, to remember His life and purpose. This memorial meal—what we call communion—is something that Christians have come together to share and celebrate ever since in remembrance of Him.**

(Continue on to Steps 2 and 3 in your teacher’s guide; your Step 4 appears below.)

middle school



Lesson 3 / March 22, 2026

# Eat, Drink, and Remember Me

for use as  
**STEP 4** 

**Lesson 3**

**Focus:**

Jesus gave us a way to remember Him.

**Lesson 3**

**Bible Basis:**

Matthew 26:26-30;  
1 Corinthians  
11:23-28

**Lesson 3**

**Memory Verse:**

Whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.  
—1 Corinthians 11:26

## Materials:

- Optional: Whiteboard and markers (or screenshared document), pencils and paper, art supplies

If your class is meeting online, invite students to bring supplies with them to class.

**Often when we celebrate communion there is a sense of reverence. Perhaps you even find the mood somber. After all, we are remembering a very sad night where Jesus was killed and took this punishment on our behalf. On the other hand, we know the end of the story is that through Jesus' death and resurrection we are offered reconciliation with God. Jesus' great, demonstrative love that accomplished so much is something to celebrate and be joyous about. All of these emotions come together as we remember Jesus' death and life.**

- **Do your experiences of communion feel somber or joyful or both?** (Answers will vary. Encourage students to expound on their answers.)
- **What is on your heart as you participate in communion?** (Answers will vary. Some might feel deep gratitude, others might utter a prayer for forgiveness, and others still may wonder what to think about during communion.)
- **How would you describe what Jesus' life and death mean to you? What images or symbols come to mind?** (Answers will vary. They may describe images of forgiveness, eternal life, purpose in this life, a bridge leading back to God, an open door, open arms, a sunrise, springtime, a torn curtain, or other ideas entirely. If students struggle to answer, you might give your own description first.)

**Today we will make a memorial of sorts to remind us of what Jesus' death and life mean to us. This exercise is meant to be fun, creative, joyous, and also reverent and reflective.**

Have your students use the materials available to create a tribute expressing what Jesus' life and death means to them. Distribute supplies (or invite students to have them ready at home.) If you have access to a craft closet with some paper or poster board and markers or even paint, you could use that. You could even use the furniture in the room or use your bodies to express your message through a sculpture, "living pictures," prayer postures, or sign language. The goal is to help students reflect on the meaning of Jesus' life and death and represent those reflections tangibly.

When you finish, find a way to remember what you've created and what it means. Small drawings by individual students could be kept in a coat pocket or inside their phone case to carry with them each day. A necklace or bracelet could be worn, and a bookmark could be placed in a daily planner or school book. A mural or poster could be displayed in your classroom, but have students take a picture of it with their smartphones so they can look at it throughout the week. A 3D creation could be photographed and shared on your church's social media page along with a message explaining the meaning.

Close in prayer.

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