



RCCG Sunday School Students Manual Lesson 40: 1 June 2025

Description

RCCG Sunday School Student manual for the adult class.

Today's Lesson 40 topic: THE COVENANT MEAL.

Date: 1 June 2025

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- [RCCG Sunday School Teachers Manual Lesson 40](#)
 - [Open Heaven 1 June 2025 Devotional](#)
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Note: Check [RCCG SUNDAY SCHOOL HYMN LYRICS](#)

RCCG SUNDAY SCHOOL STUDENT MANUAL LESSON 40 (1 JUNE 2025)

TOPIC: THE COVENANT MEAL

BIBLE PASSAGE: 1 Corinthians 11:24-29.

24 And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me.

25 After the same manner also he took the cup, when he had supped, saying, this cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me.

26 For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

27 Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord.

28 But let a man examine himself, and so let him eat of that bread, and drink of that cup.

29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.

MEMORY VERSE:

I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world. • John 6:51

LESSON INTRODUCTION

The covenant meal is the Holy Communion that is taken as a symbol of the new covenant between God and man through Jesus for the remission of sin (Matthew 26:26-28). Also, taking this meal demonstrates the Lord's death till He comes again. Our focus is how the meal can be beneficial if taken the right way.

LESSON OUTLINE 1: CONDITIONS

To take the Holy Communion worthily, we must take note of the following conditions:

A Regenerated life. You must be born again (John 3:3). It must be taken by only those who have been redeemed i.e. the Brethren (1 Corinthians 11:33).

It must be taken in memory of our Lord Jesus Christ (Luke 22:19). Christ expects us to remember His ultimate sacrifice (death) for us till He comes (1 Corinthians 11:25-26).

It must be eaten worthily. Do not harbour unconfessed sins; bitterness, envy, unforgiving attitude, unbelief, lust, immorality, etc. (1 Corinthians 11:27; Galatians 5:19-21).

It must be taken under self-examination. You are to examine yourself to avoid sickness, weakness or death (1 Corinthians 11:28-30; 2 Corinthians 13:5a).

It must be taken decently and orderly. It should not be taken in a rowdy manner (Corinthians 11:33-34:14:40).

CLASS ACTIVITY 1:

Can Children take the Holy Communion? The class should discuss.

LESSON OUTLINE 2: BENEFITS

Some of these are:

- The Holy Communion symbolises the body and blood of Jesus that gives eternal life (John 6:53-54).
- It is a desirable meal that gives strength for the journey ahead (1 Kings 19:7-8).

- The Holy Communion is a meal of favour and prosperity (Exodus 12:35-36).
- It is a meal that protects and preserves amid God's judgement on the wicked (Exodus 12:27).
- It aids deliverance (Exodus 12:30-33).
- At the Holy Communion, secrets are revealed (Matthew 26:19-23).
- It is a healing meal (Deuteronomy 29:5-6).
- It is a privileged meal to partake in for all believers in Christ (1 Corinthians 11:24-25).

CLASS ACTIVITY 2:

Students should share their experience with the class on how the Holy Communion has benefited them.

CONCLUSION: RCCG Sunday School Students Manual 1 June 2025

The Holy Communion is a sure fortification for all believers in Christ. We must desire and maximise every opportunity to partake in it.

Do not allow ignorance or sin to stand between you and this Covenant meal.

ASSIGNMENT: RCCG Sunday School Students Manual Lesson 40

State five conditions for taking the Holy Communion (2×5=10 Marks).

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