

LESSON 07 • THE PROSKOMIDE

Preparing the Holy Gifts: An Offering of Love and Prayer



Scripture Focus: Romans 12:1

Memory Verse: *"Present your bodies a living sacrifice, holy, acceptable to God." — Romans 12:1*

Name: _____ **Date:** _____

1. CHECK YOUR UNDERSTANDING

Match each word to its meaning.

1. Proskomide	____	A.	Special plate that holds the bread
2. Prosphoron	____	B.	Special cup for wine and water
3. Lamb	____	C.	Preparation of the Holy Gifts
4. Diskos	____	D.	Special bread offered to God
5. Chalice	____	E.	Portion prepared to become the Body of Christ



2. PUT THE PROSKOMIDE IN ORDER

_____ The priest remembers the Theotokos, Saints, living, and departed.

_____ The priest prepares the bread and wine.

_____ The gifts are covered and prayers are offered.

_____ The priest cuts the Lamb from the prosphoron.

_____ The Lamb is placed on the diskos, and wine and water are placed in the chalice.

_____ The prepared gifts are ready for the Great Entrance.

3. THINK LIKE AN ORTHODOX CHRISTIAN

Answer in complete sentences.

A. What does the word prosphoron mean, and why is the bread offered to God?

_____

_____

B. Why is the special portion of bread called the Lamb?

_____

C. Why do you think the priest remembers people by name during the Proskomide?

_____

D. What is one difference between the Proskomide and the Great Entrance?

_____

4. MY FAITH IN ACTION

1. Write the names of two people you would like to remember in your prayers.
   1. _____
   2. _____



2. One gift I can offer God this week is:

   _____

   _____

