
**FAMILY
RESOURCE**

Communion & Kids



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What is Communion?

Communion is an important tradition for Christians. You'll often hear it called "The Lord's Supper." Communion is routinely practiced in the corporate gathering of the Church for worship. It is a symbolic meal that reminds and proclaims Jesus' death on the cross. The Bible instructs the Church to practice this meal until Christ's return.

"...the Lord Jesus on the night he was betrayed took bread, and when he had given thanks, he broke it, and said, 'This is my body which is for you. Do this in remembrance of me.' In the same way also he took the cup, after supper, saying 'This cup is the new covenant in my blood. Do this... in remembrance of me.' For as often as you eat this bread and drink this cup you proclaim the Lord's death until he comes." – 1 Corinthians 11:23-26



Explaining Communion to your kids!

When explaining difficult things to young children, “say the shortest true thing.” Communion represents what Jesus did for us and why it had to happen. We do this to remember His sacrifice for us!

Why do we take Communion?

We take communion because Jesus instructed us to. It’s a way of remembering and celebrating what He did for us. Jesus introduced this meal to the disciples on the night before Jesus went to the cross. They were all sitting down for a meal when Jesus told them a story.

Through food and drink Jesus taught the lesson. Jesus took some bread, broke it into smaller pieces and said, “This is my body that will be broken for you.” Then he took the cup and said, “This is my blood that will be spilled for you.” 1 Corinthians 11:26a little bit of body text

Do you think the disciples were confused? Yah, probably! Why was Jesus talking about being broken and his blood being spilled? It likely didn’t make sense to the disciples and can be confusing for your child as well. But Jesus was simply warning them about what was going to happen. Jesus would be arrested, put in jail, beaten and hung on a cross to die. Through this meal, Jesus was trying to help the disciples understand why all of that would happen. So why did it have to happen? So Jesus could pay for our sins.

Communion is a special thing Christians do to remember what Jesus did for them on the cross.

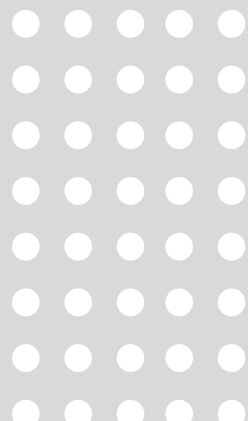


How do we take communion?

At church, we use bread or crackers to remind us that His body was broken for us and we drink juice to remember that His blood paid for our sins.



Encourage your child to be in the right mindset. 1 Corinthians 11 instructs the believer to “examine himself” before eating and drinking.

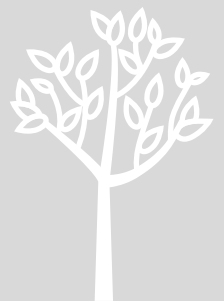


When should my kid partake in communion?

The decision of when to allow your child to participate in communion is one every believing parent will likely wrestle with. Biblically, there is no requirement on age. The only prerequisite is that the participant be a follower of Jesus. Communion is a meal for believers.

This likely leads you to ask the question, “Is my child a believer? They say they love Jesus! They believe that God has saved him!” While it may be true that they can articulate their love of Jesus, we would still be wise to consider the maturity of our child’s faith and beliefs before partaking in communion.

We know that we can have assurance that our children are saved when we see their faith mature and grow (Eph. 4:13-15, Col. 2:6-7). Therefore, we recommend each parent approach this meal with thoughtful consideration on behalf of your child.



- 1. Has your child given a convincing profession of faith in Jesus?*
- 2. Is your child showing fruit and evidence of a regenerate heart through obedience to and love for Jesus?*
- 3. Can your child articulate and do they understand the significance of both their belief and the symbolic nature of communion?*




**Don't feel
pressure to
rush it!**

We recognize this may lead some parents having to tell their child to wait before they can partake in this meal. And yet, there can still be purpose in that waiting. That waiting period could prove to heighten their anticipation and desire to make a personal commitment to Christ.



We hope as well, that that time of waiting will foster healthy conversations with your child about their faith. We encourage you as a parent to continue to diligently teach your child the Gospel (Deuteronomy 6:4-9), be a Godly example for them to follow (Ephesians 6:1-3) and pray for your child's salvation. As a church, we partner with you in that mission.

**When the time
is right!**



With wisdom and discernment from the Holy Spirit, you the parent will be able to determine when the time is right for your child to participate in communion. Remember to guide them along in the conversation earnestly praying for their salvation.

Additional Resources!¹

Watch this video
with your child!



Ask!¹

Allow these questions
to guide you through
a conversation about
communion

1. What's your favorite part of the video?
2. What's one thing you learned from it? Share some of your favorite family traditions. Do your friends think some of them are weird?
3. What do people do when they take communion? What does each item represent?
4. Why does Jesus want us to take communion?
5. Read John 3:16-17.
6. Why did Jesus come? What does it mean that we can have eternal life? How will you apply this lesson to your life this week?

¹ <https://www.pursuegodkids.org/what-is-communion/>