

Explaining Communion to Children

Communion is when we join together to remember how Jesus sacrificed for us by dying on the cross. Communion is also called the Lord's Supper because we eat together at church just like Jesus did with His disciples the night before He died.

Jesus told us we should continue to eat this special meal of bread and wine (or grape juice) to always remember Him. The bread reminds us of Jesus' body, and the wine reminds us of His blood. Jesus gave His body and His blood away when He died for our sins. He did this to take the punishment we all deserve so that we won't have to be punished when we die but will go to Heaven with Him. 1 Corinthians 11:26 tells us that as often as we eat the bread and drink the cup, we proclaim the Lord's death until He comes again. Be sure to explain that what we are doing is symbolic and not literal. We are not literally drinking Jesus' blood and eating His body.

We should be very serious when we're taking communion. It's not a time to be silly or to talk to other people. It's a time to pray and thank God for His love and for sending His Son Jesus for us. It's a special time of worship and remembering.

How to know if your child is ready to participate in communion?

The Lord's Supper is a symbolic act of remembrance and requires proper mental understanding and meaningful spiritual reflection to hold significance. Waiting and discerning for understanding, maturity, significance, anticipation, and meaningful memories can be good for your child. Because the decision of when to allow your children to participate in communion is one, every believing parent will and should wrestle with. In the Bible, there is no age of accountability or prescribed requirement. The only prerequisite is that the participant be a follower of Jesus Christ.

- ***Does your child place their faith in Jesus alone to forgive them and take them to heaven?***
- ***Is your child showing fruit and evidence of conversion through obedience to and love for Jesus?*** Be careful. Never use this to get them to obey you. This is between them and God.
- ***Does your child understand, and can they share why we practice communion?***

When your child begins to take communion, the decision is yours and yours alone. Be prayerful about it. No one knows your child better than you, and when it comes to a decision like this, trust the Lord's guidance and your discernment as a parent.

*****Flip over for questions to consider*****