

EXPLAINING COMMUNION TO KIDS

WHAT IS COMMUNION?

We take Communion to remember what Jesus did for us in His death and resurrection. We remember God's faithfulness, and we look forward to the day He will return. You may have heard Communion called by other names such as "The Lord's Supper" or "The Eucharist." When we receive Communion, we eat bread or a cracker to remember Jesus's body that was sacrificed for us, and we drink juice to remember His blood that was shed for us.

WHY IS COMMUNION IMPORTANT?

We receive communion together just like Jesus received it with His disciples the night before He died. At this first Communion, Jesus introduced a new way of remembering the sacrifice he would make when he died on the cross to forgive us of our sins.

HOW SHOULD WE RESPOND DURING COMMUNION?

Communion is a special time of worship and remembering. When we receive communion, we should be very thoughtful. 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.

WHY DOESN'T EVERYONE RECEIVE COMMUNION?

The Bible tells us that "Whoever eats and drinks must recognize the body of Christ" (1 Corinthians 11:29). Since Jesus only took the first Communion with His disciples, or the people who followed Him, we receive communion in the same way. A Christian is someone who has made the decision and commitment to follow Jesus. When Christians receive communion, we remember not only what Jesus did for us, but also why we made the decision to follow Him. Our hope is that everyone will come to know and follow Jesus!

As you explain communion to your child, it might bring up other questions about making a decision to follow Jesus. Be prepared to share your story of why you chose to follow Jesus, and help your child understand why it's an important part of who you are.