

# *Kids and Communion*

Help your child understand that communion is a reminder, both for individual believers and the church family as a whole, of Jesus' sacrifice in their place for sin.

Here are a few talking points to begin discussion the purpose and importance of communion:

## **What is communion?**

Read through Luke 22 with your child. Talk about what Jesus was teaching when he spoke to His disciples and how we continue to remember Jesus' broken body and shed blood. 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. Communion is not magical.

## **Why do we take communion?**

Teach your child that we take communion because Jesus instructed us to and as a way of remembering and celebrating what He did for us. 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.

## **How do we take communion?**

Coach your child through the logistics and the spirit of taking communion. Help and encourage them to be in the right mindset. 1 Corinthians 11 gives personal instructions for taking communion and tells a believer to "examine himself" before eating and drinking.

## **Who should take communion?**

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. Think about these things before participating in communion: Have you given a convincing profession of faith in Jesus? Are you showing fruit and evidence of conversion through obedience to and love for Jesus? Do you understand and can you articulate the significance of communion?