

Communion Guide for Kids

What is Communion?

Communion is an act we participate in during church that symbolizes the breaking of Christ's body and the shedding of His blood on the cross for us and our sins. It is a time to remember Jesus' sacrifice for our sins. It's not a real supper or even a sit down dinner. As a church, we drink grape juice and eat pieces of bread. And through that act we're reminded as a church the importance of Jesus' death, burial and resurrection.

Why do we do Communion?

We participate in Communion because Jesus established it before He died on the cross. He had all of His friends, the disciples, around Him at the Passover Meal (or as we call it, the Last Supper).

Read *Luke 22:14-20*:

Jesus told His disciples to do this act of drinking juice and eating the bread, in **remembrance** of Him. He wanted them to stop, take a moment, and reflect. Jesus was telling them He was about to do all of this on the cross for them and for everyone.

We practice the Lord's Supper, Communion, so we can do what Jesus commanded: to remember Him. That's why we stop and remember how Jesus died for us. We don't do it every week, we do it periodically throughout the year because we want it to be a special time of focusing on Him.

It is also a **celebration** of the resurrection. Although his death is important, the resurrection fulfills God's promise and gives us hope. We come in that hope, believing that the bread and the cup are a pledge and foretaste of the feast of love of which we shall partake when his kingdom has fully come, and we are reunited with Jesus in Heaven.

Who can take Communion?

At our church, we participate in open communion. This means everyone who has made a public confession of their faith in Jesus Christ as Savior and Lord is invited to share in the bread and the cup even if they are members of other churches. We join in this celebration united as a the body of Christ and remembering Jesus' sacrifice of us on the cross.

This is a meaningful time that deserves our care and attention. You should be respectful, quiet, and take time to pray and confess any sins you have in your life. You can also take time to thank God for the sacrifice of sending His only Son to rescue you.

What about the bread and juice?

We don't have the exact same bread and drink as Jesus did in the Bible, so we use pieces of bread and we use grape juice. If we didn't have access to those things, we could use Coke and crackers. They are just symbols to help us remember that Last Supper and Jesus' death on the cross.