



citykids<sup>NY</sup>  
**Communion  
Conversations  
Guide**

The Lord's Supper can be a very special time in our church! It's important to help kids understand what is happening before they experience it on a Sunday. Kids can be confused if they witness it happening but aren't able to participate in it themselves.

- Communion is a sacred moment in the life of the church and such an important opportunity to share the gospel with our kids. I Corinthians 11:23-26 tells us that Jesus told his disciples, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.' This is a command from Jesus for us as believers to do until he comes back! What an honor to remember him this way and worship him for his gift of salvation!
- Scripture is very clear that communion is for believers - those who have accepted Jesus as their Savior and have chosen to live their lives in the way of Jesus. It is important to explain that while we sometimes call it the Lord's Supper, this is not a snack in church and we do it to remember what Jesus did for us on the cross. For those of you with children at home who haven't made a decision to follow Jesus, it's important to continue to have these gospel conversations but also explain to them that they are not yet ready to participate in the Lord's Supper and it's something they get to look forward to later!

Communion is a beautiful time of worship and adoration to the One who paid the ultimate price and gave us salvation and everlasting life. Talking about the Lord's Supper with your children is such an important part of their discipleship! This guide has been created to help steer the conversation as you explain the Lords' Supper and have them experience it in our corporate setting on Sunday morning. It's important for them to understand why they can or cannot participate or even why adults are doing it. This is not adult snack time and it's important to teach our kids the whys behind communion. We trust this will help equip you for this conversation!

### Questions to Ask before Communion Sunday:

- **What is Communion?** Read Matthew 26:26-29 This is something Jesus did with his disciples. "In Matthew 26, Jesus is celebrating Passover with his disciples - remembering how God brought the people of Israel out of slavery in Egypt. Jesus says that this will be the last time he will have this meal with his disciples, because He knows that later that night He will be arrested and the next day crucified. Therefore, Jesus uses this last meal to explain who He is and why He must die. His body will be broken and His blood shed so that anyone who believes in Him can be forgiven and enter into a forever relationship, (covenant), with Jesus the Son of God. Just as God rescued the Israelites from slavery, so too Jesus wants to rescue us from our slavery to sin and give us eternal life in Him.
- **Why do we do it?** Jesus told us to do it in remembrance of him until he comes back. It reminds us that Jesus shed his blood and gave his body for us.
- **Who should participate?** People who have received God's gift of salvation through Jesus and have confessed their sins to God.
- **How should we prepare for Communion?** Read together I Corinthians 11:27-29. Explain to your children how important it is to come to communion with clean hands and a pure heart (We talk about this all the time in citykids - Psalm 24:4) and that the only One who can give us that is Jesus. Confess sin together. Ask God to examine your hearts and see if there is any offensive way in you before you come to partake.
- **How to know if your child is ready to participate in communion?** Communion is for believers. Knowing information and details about the Gospel is not enough! Those who partake in the Lord's Supper should have repented, confessed their sins, and prayed to receive God's free gift of salvation. If your child had a personal relationship with Jesus and there is fruit in their lives as evidence, you can invite them to partake in communion with you. If your child has not yet repented of their sins and put their faith in Jesus, they should not participate. This is a good opportunity to explain that it's something for them to look forward to when they are read not yet repented of their sins and put their faith in Jesus, they should not participate. This is a good opportunity to explain that it's something for them to look forward to when they are ready.