

A COMMUNION GUIDE FOR PARENTS

WHERE DID COMMUNION COME FROM?

The night before He went to the cross, Jesus ate dinner with His disciples. They gathered to celebrate Passover, as they did each year. During the meal, Jesus told them what would happen in the coming hours. He had predicted His death before with words; now He gave them a picture. Taking bread and a cup, He gave them new meaning: the broken bread and poured-out cup would represent what He would accomplish on the cross. His crucifixion would be more than physical suffering; it would be a sacrifice for sin.

So He said, "Do this in remembrance of me." Whenever they shared this small meal, they would remember His sacrifice.

Years later, Paul further explained that the celebration of this meal (what we call "Communion" or "the Lord's Supper") is a way for us to actually re-tell the story of Jesus' sacrifice.



Read

1 Corinthians 11:23-28
Luke 22:7-20

WHO SHOULD TAKE COMMUNION?

Communion is for every person who has already become a disciple of Jesus. If your child is still exploring faith in Jesus and has not yet surrendered their life to Him, we encourage that child to wait on participating in this meal.



WHAT DOES THE BREAD AND THE CUP MEAN?

The bread is a picture of Jesus' body, and the cup is a picture of His blood. His body was broken for us, so He broke bread and gave it to His disciples. His blood was poured out for us, so

He gave them a cup to share. When we eat the bread and drink the cup, we remember

His sacrifice.

Because taste

and smell strongly connect to memory,

Jesus gave us these tangible symbols (which we can taste and smell) to help us remember what

He has done for us.



WHY IS IT IMPORTANT THAT WE REMEMBER?

Jesus' sacrifice paid for our sin. It literally changed our eternity! His death and resurrection are the most important events in the history of the world, and our faith in Him is the most important thing about us. So when we say "remember Jesus' death" that may seem obvious. Could we possibly forget something of that importance?!

And yet, in our lives, we leave ourselves tangible reminders of people and things that matter to us the most. It's why you have a portrait of your family at your desk or as your phone wallpaper. You could never forget your family, but seeing that portrait is a trigger for you to remember – that is, to reflect on how much they mean to you.

So it is with Communion. To "remember Jesus' death" doesn't mean we're afraid we'll forget. Instead, Communion serves as a trigger for us to reflect uniquely and purposefully on how much Jesus means to us. In that way, it makes us grateful all over again that He has saved us and cleansed us from sin!

HOW SHOULD WE TAKE COMMUNION?

"Everyone should take a careful look at themselves before they eat the bread and drink from the cup." 1 Corinthians 11:28 (NirV)

Before you participate in Communion, ask God to show you anything that has interrupted your closeness to Him. If He reminds you of any sin, immediately confess it – and thank God that Jesus' sacrifice has already covered it. This is how we "take a careful look" at our lives and observe Communion in an honorable way.

WHY DO WE TAKE COMMUNION?

Jesus wanted to **GIVE US** a way to *remember* that He died for us.



We pray this is a sweet time for you as a parent walking your child through understanding Communion. Once they've responded to the Gospel for themselves, what a blessed opportunity to remember Christ's sacrifice together as a family!