

Communion

This resource includes suggestions for exploring and preparing children to participate in communion.

Ask children what they think communion is about and what it means to them. Affirm them for those parts they understand. If needed, gently guide them toward deeper understanding by using the questions below.

Communion means sharing something with others. Communion is a special time of God sharing and being with us, and our sharing and being with God and each other. It is a time of joining with Jesus. We celebrate communion because Jesus asks us to (Luke 22:17-19). We call it a celebration because of Jesus's love for us, and because it is a gift to us from God.

Bread and juice are the kind of things we need in order to live. We can't live unless we have something to eat and drink. When we eat the bread and drink the juice during communion it reminds us of several important truths.

1. Jesus is God and Jesus gives us life.

Q: How do you feel knowing Jesus is the one who made you and gives you life?

Q: Why do you think Jesus made you?

2. Jesus loves us so much that he gave up his life to remove our sin – thought, word, or action that is contrary to the will of God – so we can live with Jesus now and forever.

Because of Jesus's love for us, Jesus died on the cross, taking on our sin and giving up his body and life-blood.

The bread that we break is a reminder of Jesus's broken body on the cross, which he lovingly gave for us. The juice that we drink is a reminder of the life-blood of Jesus poured out for us. That's why we say the bread is Jesus's body and the cup is Jesus's blood. Both point to the promise of our new eternal life with Jesus. A life that begins the moment we accept Jesus as our God. This is why we say Jesus is our Savior, because Jesus's death and resurrection has saved us from sine and death and has given us new life.

Q: I wonder what Jesus is like that he would do this for us? What do you think?

3. Jesus gives life and has power over death.

Jesus over came death through the resurrection. Jesus is risen from the dead and promises that he will do the same for you. But Jesus also rose from the dead so he could share life with you right now.

Q: What is life with Jesus like for you now?

Q: Do you ever talk with Jesus or feel Jesus is near? Tell me about that.

Q: Or if they can't answer, ask: When do you feel closest to Jesus?

4. Jesus is gracious.

Our life, God's love, and the forgiveness of sin are not things we can earn, or things we deserve. They are unmerited gifts from God. Given freely to us because of God's gracious love for us. Communion is a sacrament, a visible and outward sign of an inward invisible grace.

Q: How do you feel knowing you can't earn Jesus's love?

Q: I wonder why Jesus is always with us, gives us life, and forgives us even when we aren't perfect?

5. At FBC everyone who has accepted Jesus as Savior and Lord is invited to participate in communion.

Q: What do you think it means that Jesus is your Savior?

Q: What do you think it means that Jesus is your Lord?

Savior comes from the word save. It means we recognize that Jesus loves us and has saved us from our sinfulness and from death. When we sin, we can ask Jesus to forgive us, and Jesus will remove our sin and help us to turn away from sin.

Let's do it now.

Q: Are there any thoughts you have had, or words you have said, or actions you have done that you want to ask Jesus to forgive you for?

The Bible reminds us that when we confess/share our sin with Jesus, that Jesus does forgive us. (See 1 John 1:8-9.)

Jesus is also our Savior because he has saved us from our old life apart from God and given us a new life with God.

Q: I wonder how a new life with Jesus is different than our old life apart from Jesus?

We recognize Jesus as Lord because Jesus has power and authority over all creation and we seek to follow and live for Jesus because of Jesus's love for us and our love for Jesus.

Q: How do you think Jesus wants us to live?

Q: What are some ways you are following and living for Jesus?

6. There is a mystery present in communion.

Q: What does mystery mean to you?

A mystery is something that is not fully understood.

Q: I wonder what it means that Jesus is with us in a special way during communion?

When we participate in communion, God is present in a special way drawing us near to Jesus and to those we are participating with. This can be one of those times when you feel closest to Jesus. That's why communion is not something we rush through.

We will take time to pray and draw close to Jesus before, during, and after we receive the bread and juice.

7. We remember, celebrate, and live.

We remember that:

- Jesus is God
- Jesus gives us life
- Jesus loves us
- Jesus is gracious
- Jesus died for us
- Jesus rose from the dead
- Jesus lives
- Jesus will come again

We thank and praise Jesus through:

- Song
- Prayers
- Communion

We live with and for Jesus who is always:

- With us
- Guiding us

Q: I wonder how Jesus guides us?

Q: If you can remember, tell me of a time when Jesus guided you.

Explain the steps of communion in the church and ask if they have any questions.

You may also want to eat some bread and drink some juice while you have this discussion. Then talk about how just eating bread and drinking juice is different from prayerful and focused moments of eating the bread and drinking the juice during communion.