

Communion | Is My Child Ready?

Taking communion is a big step in the spiritual journey of your child and we want to help you know if your child is ready to take that step. This guide will help you break down where communion started, why it matters and help you answer the question, is my child ready?

Where did Communion Start?

Passover was a Jewish celebration to remember how God freed the Israelites from Egypt. God had given them instructions to use the blood of a lamb to mark the doorways of their house (Exodus 12:13). During his last Passover, Jesus connected the meal they were sharing with what was about to happen to him on the cross. Jesus was going to be the new passover lamb. When Jesus broke the bread and poured the cup of wine he was symbolizing that his body and blood would be broken and shed for us. Communion is an act of thanksgiving where we remember Jesus' act of love when he died on the cross for you.

Is My Child Ready?

The important thing to remember is that there is no "right time" to take communion but it is important that they be able to understand why they are taking communion.

To help you determine if your child is ready to take communion consider discussing these three questions:

1. Is Jesus your Saviour? Do they understand what sin is? Do they understand that they need to be saved from sin? That Jesus has saved them? Do they understand how Jesus has saved them?

2. Is Jesus your Lord? Do they understand that God wants us to live our lives a certain way? Are they committed to living how God asks them to live?

3. Is Jesus your Treasure? Do they love Jesus? Do they understand that God loves them? Are they thankful that Jesus has saved them?

Based on their answers, your child may not be ready and that's okay. Communion is a big step and if that deeper understanding of sin and the need for a savior, who shed his blood, isn't quite there yet, just wait. Our encouragement would be to just read through 1 Corinthians 11:23-27 and pray together as a family. When you're ready, the guide on the next page can help you.

What's Next for Me as a Parent?

That part is really up to you. Communion is an essential part of the Christian life and one that should not be entered into lightly. We should approach Communion by preparing ourselves through self-examination (1 Corinthians 11:27-30). If your child can answer the questions above and celebrate communion with the right intention, your next step is to take communion and the guide on the next page can help you.

Communion | Family Edition Guide

The Why

Communion is an act of thanksgiving where we remember and celebrate Jesus' act of love when he died on the cross for you. His sacrifice paid the price of not just your sin but for the sin of the whole world.

Things You Need

The basics of communion are bread and juice/wine. How it looks in your home is 100% up to you. You can be as fancy or as plain as you want, but don't let the "how" become more important than the "why."

Before You Begin

Remember Paul's words in 1 Corinthians 11:27-28 and take this moment to examine our hearts before we take communion. As a family, take a moment to be still. Maybe play some quiet worship music to "prepare your hearts". This can be reflective and lead to praise, repenting of sin or simply focusing on Jesus' act of love when he died on the cross for you.

Family Communion Guide

Try using the following as a guide to get everyone involved.

- Gather together as a family with the communion supplies ready to go.
- Have someone SHARE what communion means to them, or have everyone share.

- Ask someone to PRAY and thank Jesus for the sacrifice he made on the cross.
- As a family, READ together the following and take communion
 - Read 1 Corinthians 11:23-24 “For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, “This is my body, which is for you. Do this in remembrance of me.” Now, as a family, EAT the bread
 - Read 1 Corinthians 11:25 “In the same way also he took the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” Now, as a family, DRINK the juice/wine.
 - Read 1 Corinthians 11:26 “For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.” Have someone PRAY for the whole family.

How you end your communion time is again, up to you, but here are a few ideas to spark your creativity and each time you take communion, try something different.

- Take some time and have everyone pray for each other as a family.
- Have someone play their favourite worship song.
- Eat a meal together, just like Jesus did with his disciples.

As you and your family take some of these steps together for the first time, please let us know if there is any way we can support you. You can reach us at:

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