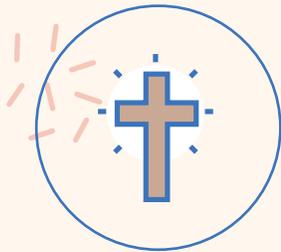


Your COMMUNION GUIDE

THE WHO'S, WHAT'S AND WHY'S JUST *for kids!*

WHERE DID COMMUNION COME FROM?

After Jesus died on the cross and rose again, witnessing or hearing about this good news strengthened the faith of many of the people who followed Him while He walked on earth. His disciples and many others started meeting together, and they continued to tell new people the good news of what Jesus taught and how He saves us. As the word spread, churches began to form. These were the very first Christian churches, and they are the root of our church today! Isn't that amazing!!!



One of the things Jesus told the church to do is to observe the Lord's Supper. But it can seem a little confusing, so let's try to explain...

We read in 1 Corinthians when the Apostle Paul was explaining Communion to their brand new church too...

1 Corinthians 11:23-28 (NIV)

Additional passages:
Matt. 26:26-28; Luke 22:7-20



WHO SHOULD TAKE COMMUNION?

Communion is to be done by every Christian, and Christians are supposed to do it together. It's for anyone who is part of God's family, who has decided to become a follower of Jesus. The Bible tells us that we should keep taking Communion together until Jesus comes back.

WHAT DOES THE BREAD AND WINE MEAN?

The bread and wine are the symbols that Jesus used when He spoke with His disciples at the Last Supper. The bread represented His body, and the wine represented His blood. Sometimes we may use crackers or grape juice--what's important is that we take this time to remember what Jesus did for us. *(Because children usually don't understand abstract thinking, it can be a little confusing how the bread and drink are not actually the physical flesh and blood of Christ.)*



WHY DO WE TAKE COMMUNION?

Jesus wanted to *give us* a way to **REMEMBER** that He died for us.

WHY IS IT IMPORTANT THAT WE REMEMBER?

Because what Jesus did changes our whole life! Jesus died for us because He loves us so much. He knew that without His help, our sin would keep us from being with God forever, and He didn't want that! All people sin, but God is perfect. Because we sin, it separates us from God. Jesus paid the price by dying on the cross. He took the punishment we deserve because He wants us to be able to live with Him forever in heaven. When we choose to believe what the Bible says and surrender our life to Jesus, we become a Christian, a part of the family of God! Whether you are a brand new Christian, just beginning to follow Jesus, or someone who has been a Christian for many years, taking Communion reminds us of our commitment to follow Jesus and makes us grateful all over again that He has saved us!

HOW SHOULD WE TAKE COMMUNION?

1 Cor. 11:28 says that we must examine ourselves before participating in Communion. Stop, Look and Listen--Take a moment to ask God to show you: Is there anything I've done wrong that I need to apologize for? If so, I should do that first. *(As your children get older, you can have deeper discussions about what it means to be right before God.)*



We pray this is a *sweet time* parents, as you see children see you taking Communion and ask questions to learn more. For those that **FOLLOW JESUS**, what a blessed opportunity to remember together as a family!