



KIDS & COMMUNION

It is up to each believing parent to decide when their child is ready to participate in communion. The Bible does not give us an age, just requires us to be a believer and follower of Jesus.

When it comes to kids, a parent needs to determine for their own child:

- Have they convincingly professed that they have a faith in Jesus?
- Are they showing fruit and understanding through obedience to and love for Jesus?
- Can they tell you what communion means?

If not, don't rush it! Teach more about it and see what happens. The Holy Spirit will help you discern when the time is right. Celebrating the Lord's Supper is meaningful in that it is there to help us **remember and reflect** on a significant act done on our behalf by a Savior who loves us.

HOW TO TALK TO YOUR CHILD ABOUT COMMUNION

If you determine your child is ready...

1. Make sure they understand what communion is and is not. This is an act of remembrance, not a snack or free meal
2. **Make sure kids understand the bread and juice are symbolic and not literal. We are not eating bread that turns into Jesus, or drinking blood**
3. Luke 22 offers a great passage to teach through. The bread signifies Jesus' body that was literally broken for us, and the wine (grape juice) the blood that had to be shed. He had to be beaten, broken and had to die so that we could live and be forgiven for our sin
4. **Tell your child we take communion because Jesus told us to do this to remember what He did**
5. Teach your child that before taking communion we are asked to make our hearts and minds right. Take some time to model silently preparing our hearts. This is a private act that we do together
6. **Walk your child through the logistics of taking communion**