

COMMUNION: A FAMILY GUIDE

INSTRUCTIONS:

Parents, we're going to talk about what communion is and why we take it. Use the questions and verses inside as a discussion guide to help get your family to talk about it. (The answers to some of the questions are written in orange.) If you'd like to review what it means to be saved, we've included a section that will help guide you through that discussion, as well. We've also included some "communion F.A.Q.'s" that can help with any questions. *Have fun!*

For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures.

1 Corinthians 15:3-4 (NIV)

DISCUSSION QUESTIONS

- Do you have a memorable meal that you've eaten with someone that you'll never forget? What made you remember it?
- What's your favorite meal that you have as a family?
- Does your family have any meals that you eat together as a tradition (Christmas Eve, your birthday, or other holidays where you eat the same food each time)? What do you eat and when?

Read 1 Corinthians 11:23-26. (Printed for your convenience on next page.)

- What two things does Jesus want us to eat and drink during the Lord's Supper?
Bread and juice
- What does the bread symbolize? *Jesus' broken body*
- What does the juice symbolize? *Jesus' spilled blood*
- In this verse, Jesus says "do this in remembrance of me" two times. What do you think Jesus wants us to remember about Him when we take the Lord's supper? Why?
 - *How He died for our sin.*
 - *That He wants a relationship with us.*
 - *How much He loved us.*
 - *He's forgiven us with His blood.*
 - *That we get to go to Heaven because He paid the price for us.*

RULES FOR COMMUNION:

1. You must have accepted what Jesus did for you in dying on the cross.

We take the Lord's Supper to remember Jesus and what He did for us, but you can't remember something that you've never experienced. Please turn to the "Bridge Illustration" (on the back page) for a couple of minutes and discuss what it means to be a Christian. Even if your child has already accepted Christ, this is a great review of what has happened in their lives because of that.

2. You need to take communion with the right attitude. Read 1 Corinthians 11:28.

What does it mean to examine yourself? *We need to look at our lives and make sure there isn't anything between us and God.*

What do we call the things that hurt our relationship with God? *Sin! Sin is any time that I choose my way over God's way.*

Read 1 John 1:9.

- What do you do if you have sin in your life? *Confess it.*
- What does it mean to confess your sin? *To admit the things we've done wrong to God and not try to hide them.*
- What does God promise to do if you confess your sin? *God's promise is that He'll forgive your sin and purify you. Jesus died on the cross to pay the penalty for your sin so that you wouldn't have to. All you have to do is admit to Him that you're a sinner and accept His forgiveness.*

Now, spend some time as a family in prayer. Thank Jesus for what He did for you on the cross. Ask God to show you anything you need to confess to Him and make it right. Then, spend some time praying over your child and asking God to bless them as they strive to follow Him their whole life.

BIBLE VERSES

1 Corinthians 11:23-26 (NIV)

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night 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.” In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.

1 Corinthians 11:28 (NIV)

A man ought to examine himself before he eats of the bread and drinks of the cup.

1 John 1:9 (NIV)

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

FREQUENTLY ASKED QUESTIONS ABOUT COMMUNION

Who can take communion?

Anyone who is a follower of Jesus can take communion! The Bible only gives two rules for taking it— 1. That you have trusted Jesus as your savior. 2. That you have confessed your sins and you aren’t trying to hide anything from God.

How often should I take communion?

The Bible doesn’t give a timeline for how often to take communion. It just says that we are supposed to celebrate communion as a way of remembering what Jesus did for us to pay for our sins. There’s not a right or wrong number of times to take it.

What happens when we take communion?

When we take communion, we celebrate what Jesus did for us. The bread and juice symbolize Jesus’ broken body and blood that was shed for us in order to pay for our sins.

Do we need a pastor to serve communion?

No! The Bible never says that only a pastor can serve communion. Any believer can serve communion to another believer or take it themselves.

How do I serve communion to my family?

Communion can be a very special time of worship and celebration with your family. Here are some suggestions you can do at home:

- Spend some time in worship together. Sing a song, read a Bible verse, pray together, etc.
- Take the communion elements and pray over them. Ask the Lord to bless them and bless your time of celebration.
- Now, serve communion to each other! One way of doing it is giving the bread to each person and saying, “*The body of Christ, broken for you, (child’s name).*” Then, you can serve the juice to each person and say, “*The blood of Christ, shed for the forgiveness of your sins, _____.*”

THE BRIDGE ILLUSTRATION

Use a blank sheet to draw out the following illustration with your child.

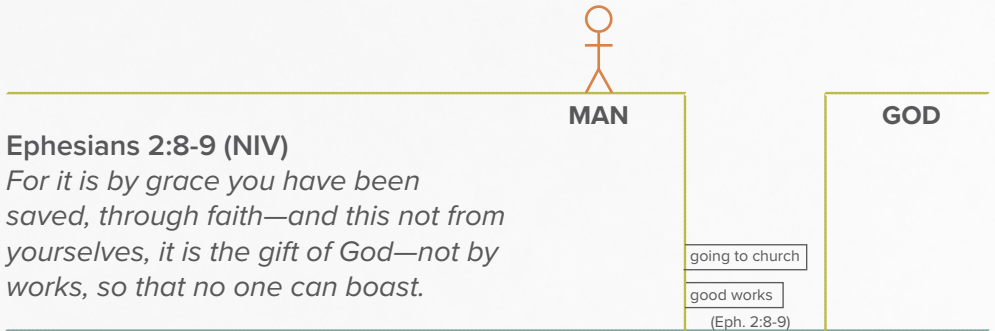
PART 1 |

Because of our sin, we are separated forever from God.



PART 2 |

Nothing we do can get us to God—we can't get there by doing good things.



PART 3 |

Jesus died to pay for our sins so that we could get to God and spend forever with Him in Heaven!

