

Redeemer Kids

Talking with Kids About Communion



A Guide for Parents and Caregivers

In our denomination, the Evangelical Covenant Church, we believe that Communion is for all who trust in Jesus Christ as Savior and Lord. You do not need to be a member of Redeemer Covenant Church, but your child should be able to describe what it means that Jesus is his/her Savior and Lord.

Communion is very important to Christians and has been celebrated ever since Jesus' resurrection and his command to his disciples to continue this act. It is a meal that helps us remember that we are connected to Jesus and we are also connected to Christ-followers around the world and throughout the ages. Jesus started the tradition at the Last Supper and instructed his disciples to continue the tradition until he comes back for us (Luke 22:14-22). The apostle Paul, an early leader in the Church, also instructed us as to how we are to celebrate Communion (1 Corinthians 11:23-26).

This resource will help families understand Communion. As you work through this resource with your child, share your own faith experience and the importance of Communion to you. We do not expect children and adults to understand everything about Communion. As children get older they will have different questions. Ask the Holy Spirit to help you understand Communion. Other trusted adults and pastors at Redeemer can also help you family as you talk about Communion.

COMMUNION TEACHES US ABOUT....

FORGIVENESS

In the Old Testament, God makes it clear to the people that if they want God to forgive their sins, then they need to first recognize their sin, and then offer a sacrifice as a way of asking God to forgive them. According to the bible, "without the shedding of blood, there is no forgiveness of sins" (Hebrews 9:22). In the Old Testament, the people offered a lamb as a sacrifice. Have you ever heard Jesus referred to as "The Lamb of God"? Jesus told his disciples during their last supper together that he was going to offer up his body and his blood for our forgiveness. Jesus died once and for all, so that we could have a new and right relationship with God and our sins would be forgiven – when we accept Jesus as our Lord and Savior, then we have an eternal reconciled relationship with God!

COVENANT

A covenant is an agreement between God and people. Throughout the Old Testament, God makes many covenants with the people. At the Last Supper, Jesus says he is making a New Covenant. This new agreement God is making is not based on our sacrifice or things we do to make God love us or be happy with us, but it is Jesus' sacrifice. That is really good news for us! That's how much God loves you. He is willing to accept you just the way you are. Communion reminds us of God's promise to forgive our sins and always lead us. We promise to love God and love other people as we love ourselves.

REMEMBRANCE

When you proclaim something you are retelling what has already happened. When Jesus told us to proclaim his death until he returns, he is instructing us to remember what he did for us on the cross and also to tell other people the good news that Jesus died for them too. When we take Communion, we remember what Jesus has already done. We also remember Jesus' promise that he will come again one day. We also remember that as Christians, we are part of a new family, the family of God!

COMMUNION QUESTIONS AND ANSWERS

Q: WHAT IS COMMUNION?

A: Communion is a way we remember that Jesus died for our sins – his body was broken and his blood was shed for us so we could be forgiven and be reconciled to God. Communion is an act of worship as we remember Jesus and his amazing love for us. We use the “elements” of bread and juice (wine) to symbolize and remember Jesus’ sacrifice for us.

(Matthew 26:26-29, Mark 14:22-25, 1 Corinthians 11:23-26)

Q: WHEN DO WE TAKE COMMUNION?

A: At Redeemer we usually take Communion on the first Sunday of every month and sometimes during special occasions of worship.

Q: HOW DO WE TAKE COMMUNION?

A: Usually at Redeemer we celebrate Communion by passing out the elements, on special plates like we do for offering. The ushers pass around a plate of bread or wafers, and then a special plate with cups of juice. When they pass around the bread plate, take a piece of bread or a wafer and you may eat it. Next the ushers will pass the special plate with the cups of grape juice. Take a cup of juice from the tray. This time, wait until everyone has their cup, and we will all drink the juice at the same time to remind us that we are all members of God’s family.

Sometimes at Redeemer, we celebrate Communion by coming forward. There will be servers standing at the front. One of the servers will be holding bread on it, then other will be holding a cup of grape juice. They will serve you the elements.

Q: WHO CAN TAKE COMMUNION?

A: Communion is for all who believe and trust in Jesus as their Lord and Savior. We recommend you talk with your family before taking Communion – be sure you can describe what Communion is to another person before participating in it. Families may decide to have their child wait until they are older before they take Communion and others may invite their child to take Communion at a young age. There is no right way, but the most important thing is to remember that Communion is for anyone who loves Jesus, and can explain its meaning. Communion is a mystery, however, and there is so much that we don’t fully understand, but we trust by faith and know that God is with us on our faith journey.

Q: WHY DO WE USE BREAD AND JUICE?

A: In Jesus’ time, these were common elements in every meal. At the Last supper, Jesus was celebrating a festival called “Passover” which reminded the Israelites of the time God delivered them from Egypt. The bread and juice (wine) that Jesus used had special significance for the Israelites. Bread represents food that we need in order to live. Jesus is saying that we not only need bread to live, we need Jesus in order to be fully alive. Jesus is the bread that gives us the strength to truly live for God (John 6:48-50). The wine was meant to symbolize God’s covenant with his people. Jesus was making a New Covenant.

Q: WHY WOULD JESUS SAY THAT BREAD IS HIS BODY AND JUICE IS HIS BLOOD? THAT SOUNDS REALLY STRANGE.

A: It was strange for the disciples too. They didn’t know yet that Jesus was going to die. I’m sure they were confused by it at the time. The bread and juice are symbols that remind us of Jesus’ death on the cross. The Bible says that without sacrifice of blood, sin cannot be forgiven. That is why Jesus had to die. It is the only way people could be forgiven of sin. As you participate in actually eating the bread and drinking the juice, remember what Jesus has done for you, thank him for His sacrifice and ask God to give you strength to live for him.

BEFORE YOU TAKE COMMUNION....

When you prepare to celebrate Communion with the Church, think about the following things:

1. Remember Jesus' death

Jesus went to the cross as the final sacrifice for sin. Jesus' death allows us to be reconciled to God. How does that make you feel knowing that Jesus died for you? How does it make you feel that there is nothing you can do or say that will make God love you more or less? God loves you so much – no matter what!

2. Think about how you are living

Think about your thoughts, words, and actions lately. Ask God to help you be aware of any hidden sins you may have in your life. When you recognize sin in your life, confess it (or say it) to God. Admit you have done or are doing something wrong. Ask God to forgive you and God will!

Lord, please forgive me for....

3. Receive help from God

God has promised to forgive you and God wants to help you to not sin again. If you are struggling with a specific sin in your life, ask God to help you obey and live for God. You can also share your struggle with your parent, Ms. Amy, your Bible Blast or Redeemer Kids Club teacher, or another trusted Christian adult or friend who can help you.

Lord, I need your help....

WHEN YOU TAKE COMMUNION REMEMBER....

Communion is a time for you to think about what God has done for you in sending Jesus who was willing to be the eternal sacrifice for human's sin. When we decide to follow Jesus, our relationship with God is made right and we enjoy God's wonderful grace and forgiveness for our sins!

Realize that God is with you in His Holy Spirit when you take Communion. Listen to what the Spirit may be saying to you.

Take this time to pray to God. Thank God for all He has done and ask Him to help you follow Jesus. You can also listen to the music that is being played and think about the words in the song and that can help you to pray too.