

WHEN IS MY CHILD READY TO TAKE COMMUNION?

It is important for children to see and hear about communion from a young age. While there is no specific age of readiness, it is important that a child has a personal relationship with Jesus. It is also important that children can understand having a right heart. This means that they have prayed and asked for forgiveness for the things they have done wrong and also have forgiven others for how they have done wrong. Start by reading Matthew 26:17-29 and 1 Corinthians 11:23-29 together to prepare everyone for the conversation.

WHAT TO SAY:

- During Passover (*a festival they celebrated to remember how God freed the Israelites from Egypt*), Jesus and His friends sat down to dinner together for Jesus' last supper before He was betrayed and arrested. That's why it's called The Last Supper.
- Jesus passed around bread to remind the disciples of his body, which was broken for our sins. He then passed around wine, which was a symbol of the blood that he lost when he died on the cross.
- Eating bread (*or crackers*) and drinking wine (*or juice*), sometimes referred to as 'the elements', during communion helps us to remember and be grateful for what Jesus did for us.

ASK:

- What did the bread and juice taste like?
- Did you hear any words that were confusing?
- What are you curious about relating to this?



WHAT WE DO:

- During communion you will get a piece of bread and little bit of juice.
- When we eat the bread, we remember that Jesus' body was broken for our sins.
- When we drink the juice, we remember the promise that we can be set free from all sin through Jesus' shed blood.
- We take a moment to be quiet and think about all of our sins - all the things we need to say "I'm sorry" for and we ask Jesus to forgive us.
- We take a moment to pray and say "Thank you, Jesus for your sacrifice. You have set me free!"

TIPS:

- Don't stress. It's okay if you can't answer every single question - don't make up answers, just say that you will look into it.
- Be patient. Kids are kids. There's no pressure for this moment to be perfect.