

# Talking to your children about Holy Communion

## What is Holy Communion?

We do two very special things when we come together as the church - we baptise people and share in the Lord's Supper / Holy Communion. During Holy Communion, Jesus' followers share bread (or sometimes wafers) and some wine (or grape juice) to remember how Jesus died for their sin and to celebrate life with him as a family of believers.

## Where does it come from? Why bread and wine?

*Adapted from 'The Jesus Storybook Bible' (Sally Lloyd-Jones); Luke 22:7-20; Mark 14; John 13-14.*

It all started the night before Jesus died, when he shared in a meal with his closest friends (his disciples). He picked up some bread and thanked God for it. He broke it and gave it to his friends. Next, he picked up a cup of wine and thanked God for it. He poured it out and shared it.

'My body is like this bread. It will break', Jesus told them. 'This cup of wine is like my blood. It will pour out. But this is how God will rescue the whole world. My life will break and God's broken world will mend. My heart will tear apart - and your hearts will heal. Just as the Passover Lamb died, so now I will die instead of you. My blood will wash away all your sins. And you will be clean on the inside - in your hearts.'

Jesus told his friends to keep sharing the bread and wine; and - whenever they eat and drink - to remember him and how he rescued people.

## What do we do when we share in the Lord's Supper?

Whenever Jesus' followers and friends share in the Lord's Supper, they:

### 1. Remember with thanksgiving

We look back, remember and say 'Thank you Jesus that you died on the cross in my place.' This is how God showed his great love for us - the bread and wine remind us that Jesus' body was broken and his blood was spilled for us, so that we can be God's friends forever.

It reminds us that we are forgiven and set free from sin and death, because of what Jesus has done for us (Eph 1:7). It also reminds us to forgive anyone we need to.

## **2. Enjoy being a part of God's family**

Every person who trusts in Jesus - young and old - belongs to God's family forever (John 1:12-13). At the table, we celebrate this and enjoy our forever-relationship with God and each other.

## **3. Look forward to a grand feast**

Holy Communion is also a meal of hope. It gives us a picture of the amazing banquet we'll enjoy when Jesus returns one day (Rev 19: 6-9).

## **How do I know my child is ready for communion?**

Your child is ready for communion if you have reason to believe that your child has their own belief and trust in Jesus as Lord and Saviour – as basic as that belief may be. This is of course impossible to know for sure, so it would be up to you as the parent to discern and decide.

It would not be advisable for your child to participate merely because the rest of the family is participating, or simply because they are curious. It would be best if they waited until they had a sense of what the symbolism of the meal represents. Talk to your child about this – on its own it is a wonderful opportunity to share the gospel with your child! If you need some help with this, [this video](#) may be helpful.

If you are unsure as to your children's readiness, perhaps simply include them at the table for your reflection and prayer, and allow them to 'partake' by watching you. Be sure to offer a special prayer for them too!