



## Tips for Talking with Children...

# Communion

**Within the Evangelical Covenant Church, everyone who trusts in Christ as Lord and Savior is welcome to participate in communion. This includes children.**

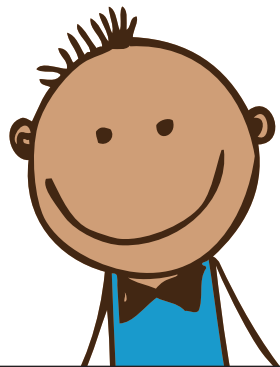
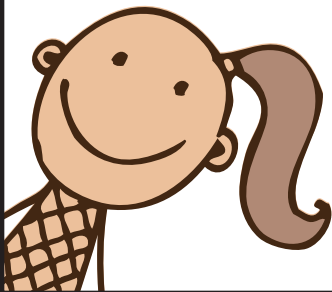
**This resource includes suggestions for exploring and preparing children to participate in communion.**

To begin, ask children what they think communion is about and what it means to them. Affirm them for those parts they understand. If needed, gently guide them toward deeper understanding by using the questions that follow.

Communion means sharing something with others. Communion is a special time of God sharing and being with us, and our sharing and being with God and each other. It is a time of joining with Jesus. We celebrate communion because Jesus asks us to (Luke 22:17-19). We call it a celebration because of Jesus's love for us, and because it is a gift to us from God.

Bread and juice are the kind of things we need in order to live. We can't live unless we have something to eat and drink. But just eating bread and drinking juice is different from communion. When we eat the bread and drink the juice during communion it reminds us of several important truths.

**Continued inside!**



# 1. Jesus is God and gives us life.

*"In the beginning the Word (Jesus) already existed. Jesus was with God, and Jesus is God. Jesus existed in the beginning with God. God created everything through Jesus, and nothing was created except through Jesus" - John 1:1-3*

Q: How do you feel knowing Jesus is the one who made you and gives you life?

Q: Why do you think Jesus made you?

# 2. Jesus offers new life.

*"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." - John 3:16*

Jesus loves us so much that he gave up his life to remove our sin\* so we can live with him now and forever.

The bread that we break is a reminder of Jesus's broken body on the cross, which he lovingly gave for us. The juice that we drink is a reminder of the blood of Jesus poured out for us. That's why we say the bread is Jesus's body and the cup is Jesus's blood. Both point to the promise of our new eternal life with Jesus. A life that begins the moment we accept Jesus as God our Savior. This is why we say Jesus is our Savior, because Jesus died and rose from the dead, saving us from sin and death and giving us new and everlasting life.

Q: I wonder what Jesus is like that he would do this for us? What do you think?

# 3. Jesus lives with us.

*"Early on Sunday morning as the new day was dawning, Mary Magdalene and the other Mary went out to visit the tomb. Then an angel spoke to the women. "I know you are looking for Jesus, who was crucified. He isn't here! He has risen from the dead." - Matthew 28:1, 5-6*

*"Later Jesus appeared to his disciples. He showed them his hands and feet, and told them there is forgiveness of sin for all who repent. Then Jesus filled them with the Holy Spirit to fulfill the promise of always being with us." - Luke 24:38, 47, 49*

Q: What is life with Jesus like for you now?

Q: Do you ever talk with Jesus or feel Jesus is near? Tell me about that.

Q: Or if they can't answer, ask; When do you feel closest to Jesus?

# 4. Jesus loves us.

*"A man knelt before Jesus. 'My daughter has just died,' he said, 'but you can bring her back to life again if you come and lay your hands on her.' So Jesus went with him. When he arrived at the man's house he went in, took the girl by the hand, and she got up." - Matthew 9:18-19, 23, 25*

*"...For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." - Ephesians 2:8-9*

Our life, God's love, and the forgiveness of sin are not things

\*Sin is thinking about, speaking, or doing things that are the opposite of what God wants for us.

we can earn, or things we deserve. They are gifts from God, given freely to us because of God's love for us.

*Q: How do you feel knowing you can't earn Jesus's love?*

*Q: I wonder why Jesus is always with us, gives us life, and forgives us even when we aren't perfect?*

## **5. In the Evangelical Covenant Church everyone who has accepted Jesus as Savior and Lord is invited to participate in communion.**

*"And Peter said to them, 'Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. For the promise is for you and for your children and for all who are far off, everyone whom the Lord our God calls to himself.'" - Acts 2:38-39*

*Q: What do you think it means that Jesus is your Savior?*

*Q: What do you think it means that Jesus is your Lord?*

Savior comes from the word save. It means we recognize that Jesus loves us and has saved us from our sinfulness and from death. When we sin, we can ask Jesus to forgive us, and Jesus will remove our sin and help us to turn away from sin.

Let's do that now.

*Q: Are there any thoughts you have had, or words you have said, or actions you have done that you want to ask Jesus to forgive you for?*

• The Bible reminds us that when  
• we confess/share our sin with Jesus,  
• that Jesus does forgive us. (See 1  
• John 1:8-9)

• Jesus is also our Savior because he  
• has saved us from our old life apart  
• from God and given us a new life  
• with God.

*Q: I wonder how a new life with Jesus is different than our old life apart from Jesus?*

• We recognize Jesus as Lord because  
• Jesus has power and authority over  
• all creation and we seek to follow  
• and live for Jesus because of Jesus's  
• love for us and our love for Jesus.

*Q: How do you think Jesus wants us to live?*

*Q: What are some ways you are following and living for Jesus?*

## **6. There is a mystery present in communion.**

• *"When we give thanks for the cup at the Lord's Supper, aren't we sharing in the blood of Christ? When we break bread, aren't we sharing in the body of Christ? Just as there is one loaf, so we who are many are one body. We all eat from one loaf."*  
• - 1 Corinthians 10:16-17

*Q: What does mystery mean to you?*

• A mystery is something that is not  
• fully understood.

*Q: I wonder what it means that Jesus is with us in a special way during communion?*

• Communion is a sacrament.  
• A sacrament is something we  
• participate in and helps us to see

and experience Jesus' love and forgiveness.

When we participate in communion, Jesus is present in a special way. We are drawn near to Jesus and to those we are participating with. This can be one of those times when you feel closest to Jesus. That's why communion is not something we rush through.

We will take time to pray and draw close to Jesus before, during, and after we receive the bread and juice.

## 7. We remember, celebrate, and live.

We remember that:

- Jesus is God
- Jesus gives us life
- Jesus loves us
- Jesus forgives us
- Jesus died for us
- Jesus rose from the dead
- Jesus lives
- Jesus will come again
- Jesus tells us not to worry
- Jesus has prepared a place for us in heaven

We remember:

- The wrong things we have thought, done, or said and ask for forgiveness.

• We thank and praise Jesus for his love, forgiveness, and eternal presence through:

- Song
- Prayers
- Communion

• We live with and for Jesus who is always:

- With us
- Guiding us

• *"But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you." - John 14:26*

• Q: *I wonder how Jesus guides us?*

• Q: *If you can remember, tell me of a time when Jesus guided you.*

• Q: *Why do you want to participate in communion?*

• Explain the steps of communion in the church and ask if they have any questions.

• Prayer:

• Lord Jesus we thank you for loving us enough to die for us. Thank you for taking away our sin, for giving us eternal life, for always being with us. Help us to follow you and share your love with all others. Amen.



The Evangelical Covenant Church

For more GROW Kids resources, visit [CovChurch.org/children](http://CovChurch.org/children).

