

# COMMUNION

## a conversation guide

In Kids Ministry, we want to partner with you as you have ongoing conversations at home about what your kids are learning at church. We're creating a series of conversation guides to empower you to talk with your kids about different aspects of faith. This guide will help you talk about communion: what it is, why it's important, and how Jesus gave communion to us a way to remember.

### keep the end in mind

- **Prayer is the place to start.** As these faith conversations come up, ask the Holy Spirit to guide the conversation. Lift up your child and ask the Spirit to help you see what they need.
- **Ask questions to understand what your child is thinking.** Kids process information differently and every child is unique. Asking questions shows your interest and gives you a chance to hear what is going on in their heads. Curiosity creates connection and can build trust.
- **You don't have to be an expert.** It's easy to feel the pressure to have all the answers, and kids can ask some pretty tough questions. But when you don't know an answer, it's an invitation for you both to learn new things together and model how we are always growing in our faith. You also can go to other believers to help you learn more.
- **Don't feel the pressure to cover all the things in one shot.** Let your child set the pace for what they want to cover. If you sense their focus is waning, feel free to press pause and pick up the conversation later.
- **Faith is a journey, and each person's is unique and their own.** As parents, we want our child to grow spiritually, but it's important to remember that we can introduce them to faith, Jesus, and grace, but the steps they take are theirs alone.

### start the conversation

Want to talk about communion but don't know where to begin? Here are a few questions designed to help jumpstart a conversation about communion between you and your child.

#### What would it be like to have been at the Last Supper?

Explore this Bible moment with your child as a fun way to connect and open up the conversation.

#### Do you have a story about taking communion?

If you have a memory about taking communion, share it. This could be a serious moment between you and God or a funny memory, or if your child is ready, talk about taking communion together.

#### Why did they use food to help us remember?

Back in Bible times, many people couldn't read or write. People would use everyday things like food, songs, and clothing to help them remember things they wanted to pass on to their families. Jesus gave us communion to help believers make a habit of remembering.

# discover more together

If you want to dive a little deeper into learning about why communion is important and why the Church made it a habit, here's some ways to explore more.

## Why did Jesus do something new at Passover during the Last Supper?

Jesus used the Passover celebration to create a habit for us as believers to remember that Jesus completed the promise of the Old Covenant and started something new and even better.

## Why do we want to remember Jesus' death on the cross?

This is a great way to see how your kid is thinking about Jesus' death on the cross. After they have shared, feel free to share your answer as well.

## Why is blood so important for sins to be forgiven?

When we sin, we're choosing what we think is good instead of what God says is good—we're saying we should be in charge, not God. To make things right requires a big sacrifice. Blood is seen as precious so it was used as a way to show how sorry a person was. Because Jesus was perfect, His death on the cross covered our sin forever as the ultimate sacrifice.

## key terms

### OLD COVENANT

promise made between God and His people, the Israelites, in the Old Testament. Over time, God kept His promise, but the people did not. To make things right with God, they had to make sacrifices again and again.

### SACRIFICE

forgiveness of sin required blood to be shed. In the Old Covenant, this was usually an animal whose life was payment for a person to be made right with God.

### NEW COVENANT

promise made through Jesus' death on the cross in the New Testament. His death was the perfect, once-and-for-all sacrifice for sin. Anyone who accepts this offering is made right with God forever. This allows God's Holy Spirit to live inside of us and give us a new heart that changes us from the inside out.

## passover

a dinner that tells the story of God's people as slaves in Egypt and God's rescue of them to be a blessing to the world

Old Covenant

a way to remember Israel's rescue from slavery in Egypt

God's people, the Israelites

with family at home

Exodus 12;  
Deuteronomy 16:9

unleavened bread; wine;  
lamb

- bread: made quickly to take as they left Egypt
- four cups of wine: God's promises of rescue

## communion

at Passover before Jesus dies, He tells His disciples to regularly take the bread/wine to remember His sacrifice for them

New Covenant

a way to remember Jesus' sacrifice on the cross to save us once and for all

all people who believe in Jesus as their Savior

gathered with the Church family

Matthew 26:26-29; Mark 14:22-24; Luke 14:14-22; 1 Corinthians 11:17-26

bread; wine or grape juice

- bread: Jesus' body given in our place
- wine: blood shed for our forgiveness

what happened

what promise

why

who

where

key passage(s)

what is used

symbols