



Discussing Communion with Your Kids

Communion is a great opportunity to have Gospel conversations with your kids! You can use this moment in service to explain the Gospel to your kids and tell them how God saved you! It is valuable and formative for our kids to see their mommies and daddies worship God in prayer, song, listening to the sermon, and taking communion.

Here is one example of how we explain the Gospel in StoryKids:

We are all sinners and have hearts sick with sin. Because God loves us so much, He sent His only Son, Jesus, to save us from sin so we can be with God forever. There is nothing better than being with God. Jesus was born a baby, grew up and obeyed God perfectly. He always had a healthy heart and never sinned. Jesus died on the cross for our sins and paid the punishment for our sin (death). Those who trust in Jesus are forgiven of their sins fully, freely and forever. Their hearts are made healthy and they want to tell the truth about their sin and turn away from it.

We are all born separated from God because of sin. Those who (confess) tell the truth about their sin and (repent) turn away from sin to follow Jesus are adopted into God's family. God's children know, love, trust, and obey God. Even though God's children still sin, they have healthy hearts that love God most and want to confess and repent of their sin.

Communion reminds us of Jesus' death. The bread represents Jesus' broken body, and the juice represents Jesus' blood that was shed when He died on the cross. Every week, the church, which is God's family, takes communion together to remember how Jesus came to save sinners. Communion is for followers of Jesus. If you love and trust Jesus, communion is very special. The Bible, God's true Word, tells us that if you are not a follower of Jesus, you should not take communion.

Take time to listen to your kids and answer questions they may have. We are praying for the Holy Spirit to work in our kids' hearts over the next few weeks as they join us in service and watch their parents love God, love others, and make disciples.

Below are some practical ways to navigate communion time with your kids,

- Talk with your kids about what to expect in church on Sunday! We will all go to one service together. We will all sing songs to God. We will all open the Bible and learn what God tells us. We will all pray. And some people will take something called “Communion.” Only those who love and trust Jesus take communion.
- Read “The Servant King” from the Jesus Storybook Bible. Communion is not just something we celebrate today! Even Jesus (and God’s people) used bread and juice to remember how God rescues His people.
- It may be helpful to bring a snack for your child during service. Snacks keep mouths and hands busy. Most children think communion is a time when adults get a snack. While we know this is not what is really happening, our children don’t often understand. Your child having their own snack may help keep them from wanting a “church snack”.
- Remember, communion is a time to remember what God has done to rescue sinners and look forward to His return. It can be helpful to let unbelieving children observe their believing family taking communion. You can take your child up front to watch. However, if you or your family participating in communion causes too much conflict or stress, it’s ok to stay seated and pray together as a family while the rest of the church partakes of the elements.
- We offer communion in two ways during Sunday services: we practice intinction (where participants go to the front with other believers to partake of elements from a shared basket/cup); and we have single-serving gluten-free communion elements on a table in the back.