

PARENT RESOURCE:

# COMMUNION

IS MY CHILD READY FOR  
COMMUNION?



RESOURCE DEVELOPED BY CHRISTIAN LIFE CHURCH

# IS MY CHILD READY FOR COMMUNION?

The decision of when to allow your children to participate in communion is one every believing parent will and should wrestle with. In the Bible, there is no age of accountability or prescribed requirement. The only prerequisite is that the participant be a follower of Jesus Christ.

So when it comes to children, what is important and what must be determined by each parent for their own children is:

1. Have they given a clear profession of faith in Jesus?
2. Are they showing fruit and evidence of conversion through obedience to and love for Jesus?
3. Do they understand and can they articulate the significance of communion?



## DON'T RUSH IT

I would suggest to never rush communion. It's not magical, so taking it sooner will not keep your kids from sin or earn them extra favor with God. The Lord's Supper is a symbolic act of remembrance and requires proper understanding and meaningful spiritual reflection to hold significance. Waiting and holding off for understanding, maturity, significance, anticipation and meaningful memories can be a good thing for your child.

## WHEN THE TIME IS RIGHT...

When your discernment from the Holy Spirit tells you that the time is right and your child is ready to participate in communion, I recommend setting up a conversation that covers the following topics:

# WHAT IS COMMUNION?

## REMEMBERING JESUS' SACRIFICE

During the Last Supper, Jesus served His closest friends bread and wine that symbolized Jesus giving His body and blood for our sins. Today, Christ followers remember Jesus' sacrifice on the cross and examine our lives as we take part in Communion. "For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes." 1 Corinthians 11:26 (NIV)

Make sure your kids understand what communion is and what communion isn't. Start with Jesus' illustration of the Lord's Supper in Luke 22. Talk about what Jesus was teaching when He spoke to His disciples and how we continue to remember Jesus broken body and shed blood. Be sure to explain that what we are doing is symbolic. We are not literally drinking Jesus' blood and eating His body. We take communion to remember what Jesus did for us.

For more information about the Last Supper and Jesus' sacrifice, read Matthew 26.

For more information about Communion, read Paul's instructions to the church in 1 Corinthians 11:23-32.



## THE WHY

### WHY DO WE TAKE COMMUNION?

Teach your child that we take communion because Jesus instructed us to and as a way of remembering and celebrating what He did for us. 1 Corinthians 11:26 tells us that as often as we eat of the bread and drink the cup, we proclaim the Lord's death until He comes again.

# THE HOW

## HOW DO WE TAKE COMMUNION?

Prior to communion help and encourage your kids to be in the right mindset. 1 Corinthians 11 gives personal instructions for taking communion and tells a believer to “examine himself” before eating and drinking.

**01**

### 1. EXAMINE & PRAY

First, take a moment to examine yourself and allow the Holy Spirit to show you any sin in your life, and ask Jesus for His forgiveness. Everyone ought to examine themselves before they eat of the bread and drink from the cup.

1 Corinthians 11:28  
(NIV)

**02**

### 2. TAKE & EAT

Second, eat the cracker that represents the body of Christ. Remember how His body was broken for our sins. While [the disciples] were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.” Matthew 26:26 (NIV)

**Example Prayer:** “Thank you for the bread. I remember your body that was broken for me.”

**03**

### 3. TAKE & DRINK

Third, drink the juice that represents the blood of Christ. Remember the new covenant, or promise, that we can be free from all sin through Christ’s shed blood. Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.” Matthew 26:27–28 (NIV)

**Example Prayer:** “Thank you for the cup. I remember your blood that was shed for my forgiveness and the promise that I will live eternally with you.”

**Final prayer:** “Jesus, thank you for your sacrifice. I am free because of you.”

The decision for when your child begins to take communion is ultimately yours and yours alone. Be prayerful about it. No one knows your child better than you, and when it comes to a decision like this, trust the Lord’s guidance and your discernment as a parent.



# LEARNING MORE...

## FOR VIDEOS THAT FURTHER LEARNING



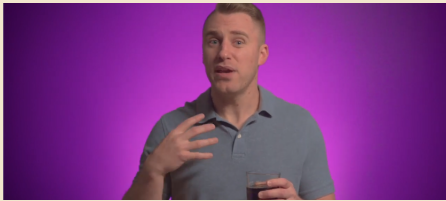
### PARENTS DISCIPLING KIDS

<https://www.rightnowmedia.org/Content/VideoElement/106082>



### EXPLAINING COMMUNION TO KIDS

[https://www.youtube.com/watch?v=utpt5S\\_bHrs](https://www.youtube.com/watch?v=utpt5S_bHrs)



### FAMILY COMMUNION RESOURCE

<https://www.youtube.com/watch?v=mAl-DbCW51Q&t=86s>



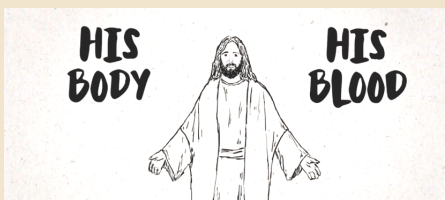
### DOT & BOUNCY EXPLAIN COMMUNION

<https://www.youtube.com/watch?v=LquqZgkXpnc>



### GO KIDS - COMMUNION

<https://www.youtube.com/watch?v=jlrYQvCG8k>



### WHAT IS COMMUNION?

<https://www.youtube.com/watch?v=YEXdXbkXYks&t=83s>