



Family Communion Instructions

The Lord's Supper is a celebration of God's greatest gift, His life given for us and our salvation. Plan a time for your family to observe the Lord's Supper and express gratitude for His sacrifice.

The Lord's Supper is to be taken by those who have made a decision to accept Christ as their Lord and Savior. Children who have not made this decision yet will naturally want to have some, but this is a great opportunity for parents to teach that the Lord's Supper is for those who fully understand and have made this life-changing decision.

1. Secure some flat bread or crackers and some juice. Any kind of bread or cracker may be used, but the flat bread or cracker is more demonstrative of "His body broken for us." Similarly, any kind of juice will work, but the darker the better.
2. Read this passage from Matthew 26:26–28: "While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, 'Take and eat; this is my body.' Then he took the cup, gave thanks and offered 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.'"
3. Talk about what a symbol is (i.e. wedding ring symbolizes the fact that one is married; a flag symbolizes our country; a picture of a cow is not a cow, but reminds us of what a cow is like).
4. Talk about the symbols of the bread and the juice (His body and His blood). What do those represent for those who have trusted in the perfect work of Jesus on the cross?
5. Remind the children that the bread and juice can't save us, but they "symbolize" what happened when Jesus Christ died to pay for our sin. This is a great time to remind everyone that participating in and receiving communion is reserved for those reaffirming the choice they have made to follow Jesus. Also, this is a great time for intentional conversations about following Jesus with those who have not made that decision.
6. Say a prayer of thanksgiving for what Christ did for us.
7. Eat the bread and drink the juice before repeating what each represents.