

EXPLAINING COMMUNION TO YOUR CHILD

1. **Communion is reserved for followers of Christ.** Take your child to passages such as 1 Cor. 11:23-26, where Paul quotes Jesus addressing His followers about how communion is something they are to celebrate together. Explain that communion is to be participated in by every Christian, and that Christians are supposed to do it together as the church.
2. **The purpose of communion.** Look at the Scriptures together, pointing out that Jesus wants Christians to remember Him through communion, and that they should continue to do this regularly until Christ returns again. Good passages to look at include Matt. 26:26-29, Luke 22:14-20, and 1 Cor. 11:23-26.
3. **The symbolism of body and blood.** Because children typically don't begin to develop abstract thinking capabilities until they have reached upper elementary or junior high, they likely won't be able to clearly or fully understand how the bread and drink are symbolic of the actual physical flesh and blood of Christ. It may be somewhat confusing. However, you can explain that they are symbols. This might lead to more questions, at which point it is perfectly acceptable for you to take the opportunity to explain that we really don't know anything more than that, because Jesus did not tell us any more about those elements. It's ok to say that it's partially a mystery to us all, because it is!
4. **Why we keep doing communion.** Share that Christ told us to keep remembering Him through communion until He returns again, so until the day when Christ returns, we should keep participating in communion together as a church.
5. **Before doing communion.** 1 Cor. 11:27-29 says that we must examine ourselves before participating in communion. A simple way to explain to your child is that if they know they have done something wrong that they need to apologize for, then they need to do that before taking communion. As your child gets older, you can have deeper discussions about what it means to be righteous before God.