



Scripture references from the Contemporary English Version (CEV) unless noted

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Communion

Children's Booklet

Resources for Growing Faith Kids



3. Recommittal

Romans 12:1 (NIV)

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God— this is your true and proper worship.

What does it mean to offer ourselves as living sacrifices?



4. Restoring Relationships

Matthew 5:23-24

²³So if you are about to place your gift on the altar and remember that someone is angry with you, ²⁴leave your gift there in front of the altar. Make peace with that person, then come back and offer your gift to God.

How can you make peace with someone who is angry with you?



1. Self-Examination

1 Corinthians 11:27-28

²⁷But if you eat the bread and drink the wine in a way that isn't worthy of the Lord, you sin against his body and blood. ²⁸That's why you must examine the way you eat and drink.

What do you think the Apostle Paul meant by that statement?



2. Confess Your Sins

1 John 1:9 (NIV)

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

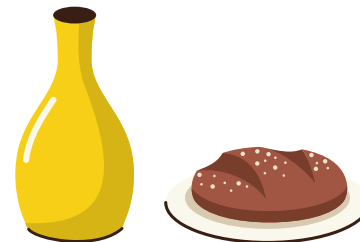
What is my part? What is God's part? If you confess your sins, do you need to worry about not being acceptable to God?

Welcome!

Communion is a special time when we remember Jesus and the love He showed us. When we take the bread and the juice, we are reminded that Jesus gave His life so that we can be close to God. In the Wesleyan tradition, we believe that communion is a way God shows His grace to us, helping us grow in our faith and love for Him.

Just like when we eat a meal to make our bodies strong, communion helps make our hearts strong in love and kindness. It's a time for everyone to be together and remember that Jesus loves each one of us, no matter how young or old we are!

Name: _____



What Is Communion?

Communion is a special activity that followers of Jesus participate in to celebrate and remember what Jesus did for us through his death on the cross and his resurrection to new life. This activity is sometimes called the Lord's Supper because Jesus started this practice when he was having supper with his followers just before his death.

Communion means "sharing together." As we eat the communion meal together with other followers of Jesus, we are also meeting together in a special way with Jesus himself.

Why do we have Communion?

In the Bible, we can read several accounts of the meal that Jesus shared with his closest followers. Read the Scripture verses, and answer the questions that follow.

1. Should followers of Jesus take communion? yes no
2. What about people who are not followers of Jesus? yes no
3. Can you take communion if you have sinned?
(Sin = said, thought, or done something that God would not be happy about)

4. What should you do if you have had a problem with someone this week? Can you still take communion?

Preparing for Communion

The Bible tells us that Jesus is really and truly present with us as we participate in communion. Through the Word of God which is spoken, through the bread and the cup and through the other followers of Jesus who eat the Lord's Supper together with us, Jesus is with us. Just as we wonder how the food we eat every day gives our body energy to live, we also wonder how Jesus feeds our spirits and encourages us to live more like him. Yet the Bible says that by remembering the meaning of Jesus' death in this way, God is able to keep working in our hearts to make us more like him.

The following simple steps are a common way that many followers of Jesus use to prepare themselves to take communion.

Ask Someone...

Complete this section with your parent(s) or guardian(s).

1. Have your parent(s)/guardian(s) ever taken communion?

2. How old were they when they first took communion?

(child, youth, adult)

3. What did it mean to them to take communion?

parent(s) or guardian(s)- please describe on a separate piece of paper what receiving communion means to you.

4. Ask your parent(s) or guardian(s) to tell you about a special time when they took communion.

4. **Parent(s) or Guardian(s)-** Do you believe your child is ready to receive communion? If yes, please sign on the line below:

Signature of parent(s) or guardian(s)

Should I Take Communion?

At the beginning of the communion time, the pastor usually says something like: "Christ our Lord invites to his table all who love him, who earnestly repent of their sin and seek to live in peace with one another."



Luke 22:14-19

¹⁴When the time came for Jesus and the apostles to eat, ¹⁵he said to them, "I have very much wanted to eat this Passover meal with you before I suffer. ¹⁶I tell you that I will not eat another Passover meal until it is finally eaten in God's kingdom."

¹⁷Jesus took a cup of wine in his hands and gave thanks to God. Then he told the apostles, "Take this wine and share it with each other. ¹⁸I tell you that I will not drink any more wine until God's kingdom comes."

⁹Jesus took some bread in his hands and gave thanks for it. He broke the bread and handed it to his apostles. Then he said, "This is my body, which is given for you. Eat this as a way of remembering me!"



Matthew 26:3,27-30

⁶During the meal Jesus took some bread in his hands. He blessed the bread and broke it. Then he gave it to his disciples and said, "Take this and eat it. This is my body."

²⁷Jesus picked up a cup of wine and gave thanks to God. He then gave it to his disciples and said, "Take this and drink it.

²⁸This is my blood, and with it God makes his agreement with you. It will be poured out, so that many people will have their sins forgiven. ²⁹From now on I am not going to drink any wine, until I drink new wine with you in my Father's kingdom."

³⁰Then they sang a hymn and went out to the Mount of Olives.

1. What were Jesus and his followers doing? _____

2. At what time in Jesus' life did this story take place?

3. What reason did Jesus give for doing this activity?

What is the meaning of the bread?

Review these verses to learn more about the communion bread.



Luke 22:19

Jesus took some bread in his hands and gave thanks for it. He broke the bread and handed it to his apostles. Then he said, "This is my body, which is given for you. Eat this as a way of remembering me!"

Matthew 26:26

During the meal Jesus took some bread in his hands. He blessed the bread and broke it. Then he gave it to his disciples and said, "Take this and eat it. This is my body."

- It is a time to look forward to Jesus' return in the future when all his followers will join in a great celebration and marriage supper.
- It is also a time to look out at those around us who still need forgiveness for sin and friendship with Jesus.



John 6:56

[Jesus said] If you eat my flesh and drink my blood, you are one with me, and I am one with you.

1. What does real food and drink do for our bodies?

2. How do you think we become one with Jesus when we have communion together? _____

3. Based on the points on these pages, what would you like God to do in your life when you take communion? _____

What Is the Purpose of Communion?

Communion is:

- a time to allow God to touch our lives as we remember the death and resurrection of Jesus.
- It is a time to look in at ourselves and tell Jesus about the things we have done wrong.
- It is a time to look back to Jesus' death and thank him for his suffering for us.
- It is a time to look up to Jesus' risen presence in our lives as he encourages our spiritual growth.
- It is time to look around with friendship to the other people who are also sharing in this communion meal.

John 6:35

Jesus replied: I am the bread that gives life! No one who comes to me will ever be hungry. No one who has faith in me will ever be thirsty.

1. At the Passover supper, what did Jesus say to his followers about the bread? _____

2. Is the bread literally Jesus' body? yes no
3. What do you think Jesus means about the bread?



1 Peter 4:1-2

¹Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin. ²As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God.

4. What did Peter think about Jesus' broken body? _____

What is the meaning of the wine?

Review these verses to learn more about the communion wine.



Luke 22:17

Jesus took a cup of wine in his hands and gave thanks to God. Then he told the apostles, "Take this wine and share it with each other."

Matthew 26:27-28

²⁷Jesus picked up a cup of wine and gave thanks to God. He then gave it to his disciples and said, "Take this and drink it."

²⁸This is my blood, and with it God makes his agreement with you. It will be poured out, so that many people will have their sins forgiven.

1. At the Passover supper, what did Jesus say to his followers about the wine? _____

2. Is the wine literally Jesus' blood? yes no

3. What do you think Jesus means about the wine?



John 1:7

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Hebrews 13:12

And so Jesus also suffered outside the city gate to make the people holy through his own blood.

4. What did these Bible writers think about Jesus' blood?

1 Corinthians 11:26

The Lord meant that when you eat this bread and drink from this cup, you tell about his death until he comes.

5. What do you think the Apostle Paul meant when he said communion "tells about Jesus' death until he comes?"
