



Communion Discussion Guide

Parents, it is really important that your child(ren) understand what Communion is all about. Below are a few suggestions to help you discuss the meaning of Communion with your child.

Point #1: God loves rescuing people.

Rescuing people is one of God's favorite things to do. He rescued Noah and his family out of the flood; He rescued Jonah out of the belly of the big fish; He rescued Daniel from the lion's den; and Shadrach, Meshach, and Abednego from the fiery furnace. One of God's biggest rescues was when He led two million Israelites safely out of slavery in Egypt! (Exodus 12)

But God's biggest rescue of all was sending Jesus to die on the cross and rise again, forgive us, rescue us from sin and hell, and one day bring us safely to heaven!

Point #2: Communion is a time to remember how Jesus rescued us.

Read Luke 22:14-20

Communion is a time for Christians to remember Jesus' death and forgiveness of our sins.

The bread we eat during Communion reminds us of Jesus' body when He died for us. The juice represents His blood on the cross.

Remember that children are very literal and may struggle with understanding that the bread and juice are symbols and not literally Jesus' body and blood. It might be helpful to talk about wedding rings or birthday cake and what they symbolize and help us remember.

Point #3: Is your child ready to take communion?

The decision for when your child is ready for Communion is up to you. You know your child best. Be prayerful about it and trust God to give you discernment and wisdom. There are several questions that will be helpful as you decide whether your child is ready to take Communion.

Q1: Has your child confessed their sins and asked Jesus to be their Savior?

Communion is for people who have already been saved. If your child has not accepted Christ, then they should not take Communion.

Q2: If your child is a Christian, do they understand the meaning behind Communion?

Read 1 Corinthians 11:23-29 with your child and ask them questions like, “What do the bread and juice represent?” (Jesus’s body and blood) and “Before you eat the bread and drink the juice, what should you pray about?” (You should thank Jesus for dying for you and tell Him that you are sorry for your sins and you want to follow Him.)

Q3: If your child is not a Christian, when and how do you engage in conversation with them about that?

This is a tough question because each child and situation is different. Certainly, you need to be sensitive to their ability to comprehend God’s love, sin, repentance, forgiveness, etc., and you don’t want them to accept Christ just so they can take Communion! But it is your responsibility as a Christian parent to help them understand what it means to be a born-again follower of Jesus. And your next conversation with them may result in them accepting Christ!

If they want to become a Christian, here is a prayer you can have your child repeat after you:

Dear God, Thank you for loving me so much that you sent your son, Jesus, to die on the cross for my sins. Please forgive me for the wrong things I have done. I want you to be my leader and lord of my life. Please help me to listen and follow you each day. Thank you for always being with me. I love you! Amen!”

Point #4: Debrief after Communion.

Perhaps on the way home from church or during lunch, talk with your kids about their experience. This isn’t a “test” that they have to pass (!), but it will be good for you to chat with them about what they did – and remind them of why.

Some possible questions:

1. What are we remembering?
2. Why did you take Communion?
3. How do you feel when you remember Jesus’ sacrifice?
4. What has God done for you?



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