



READY TO RECEIVE COMMUNION?

# Communion Workbook

for Parents & Children





Parents,

We are excited that you and your family are taking this formal step toward your child's greater participation in the body of Christ at All Saints. Though they are a covenant child and sealed as Christ's own forever at baptism, becoming a communicant is a tangible milestone for your child to more fully experience who they are in Christ.

This workbook's focus is on the biblical story - creation, fall, redemption and restoration. You will unpack these ideas together as you talk about the faith with your child. This workbook is provided for you as an optional tool to use as you prepare your child for joining the communion table. Go at your own pace - you can do one lesson each night or discuss a lesson or two each week. On the back page of this workbook, you will find a list of questions that may be addressed in the interview you and your child will have with an elder before being invited to the communion table for the first time. When you believe your child is ready, please contact [Courtney Johnson \(cjohnson@allsaintsaustin.org\)](mailto:cjohnson@allsaintsaustin.org) to schedule an interview.

You know your child and your family. Feel free to read straight from the Bible, or you may prefer to narrate the story in your own words. If your child is reading, help them to participate by reading out loud. The goal is to begin conversations about faith, and the expectation is that you'll have many more such conversations as your child grows.

Each lesson concludes with a prayer from the Book of Common Prayer. Though these are formal, they are also like the prayers we pray each week in worship. Adapt and supplement for your family as appropriate, and allow your child to hear and engage with prayer both structured and spontaneous. Have fun! And be encouraged as you learn how God is at work in the life of your child.

Tim

## Lesson One | God & Creation

Scripture Reading: Genesis 1:1-31

Supplemental Reading: “The Beginning: A Perfect Home” The Jesus Storybook Bible, pages 18-27

From Catechism for Young Children

Q. Who made you?

A. God.

Q. What else did God make?

A. God made all things.

Q. Why did God make you and all things?

A. For his own glory.

Q. How can you glorify God?

A. By loving him and doing what he commands.

Q. Why should you glorify God?

A. Because he made me and takes care of me.

### Questions

1. What was the world like before creation?
2. In what ways is man “like God”?
3. In what ways are people not “like God”?

### Activity

Step One:

Give each family member a blob of Play-Doh.

Ask each person to sculpt an animal.

Step Two:

Talk about your creations. What animals did you choose?

Why? What characteristics are special about each animal?

Step Three:

Put aside the Play-Doh (leaving the animals intact)

Ask each person to create ANOTHER animal. They have no Play-Doh this time.

1. Did you copy one of God's creations? (a bird, a giraffe, a real animal)
2. Did you create something brand new? (a made up animal)
3. How are you like God in making this? (creative, imaginative)
4. How is your creation not like God's? (can't come alive; you can't create out of nothing, so you couldn't make the second animal)

Name some things that God created that bring you special joy. (dogs? butterflies? sunshine?)

Name some things people create because they are made in God's image that also bring you joy. (donuts? paintings? music?)

### Prayer

O merciful Father, your hand is open wide to satisfy the needs of every living creature: Make us, we ask you, ever thankful for your loving providence; and grant that we may be faithful stewards of your good gifts; through Jesus Christ our Lord, with the Holy Spirit one God, forever and ever. Amen.

## Lesson Two | Man & Sin

Scripture Reading: Genesis 3

Romans 3:9-18

Romans 6:23

Supplemental Reading: "The Terrible Lie" The Jesus Storybook Bible, pages 28-37

From the Catechism for Young Children

Q. What is Sin?

A. Sin is any lack of conformity to or transgression of the law of God.

Q. What does every sin deserve?

A. The wrath and curse of God.

Q. Can anyone go to heaven with this sinful nature?

A. No; our hearts must be changed before we can be fit for heaven.

Q. Who can change a sinner's heart?

A. The Holy Spirit alone.

### Questions

1. Why did Adam and Eve want to eat the fruit?
2. What was wrong with that?
3. How was what actually happened to Adam and Eve different from what they expected to happen?
4. Romans 3:10-11 says "There is no one righteous, not even one; there is no one who understands, no one who seeks God." Do you think this is true? When you do good things, does that mean you are good? Why or why not?
5. How do you turn away from your sin?

## Activity

Play a family game of “crawling tag”. Everybody get on your hands and knees. Set very clear boundaries for what is “out of bounds”, and penalties for going out (team loses a point, or player has to sit out, or the player who went out of bounds has to slither on the ground instead of hands and knees). If your children are staying in bounds, make sure the adults go out once or twice so the penalties can be imposed. After play, ask the following questions:

What was the purpose of the boundaries? (make the game safe, make sure people stay in the right places)

What happened when people crossed the boundaries? (penalties)

“Going out of bounds” is a way to understand sin, as God has put boundaries in place for us. What are some of those boundaries? (love the Lord your God, love your neighbor as yourself, the ten commandments)

## Prayer

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

### Lesson Three | Jesus Story: Life & Death

Scripture Reading: Matthew 27, Mark 15, Luke 23  
& John 19

Supplemental Reading: "The Sun Stops Shining" The Jesus Storybook Bible,  
pages 302-309

From the Catechism for Young Children

Q. Why can none be saved through the covenant of works?

A. Because all have "sinned and fallen short of the glory of God."

Q. What did Christ accomplish in the covenant of grace?

A. He kept the whole law for his people, and he suffered the punishment due for their sins.

Q. What is meant by the Atonement?

A. Christ satisfied the debt owed to God by suffering and dying in the place of sinners.

Q. What kind of death did Christ die?

A. The painful and shameful death of the cross.

Q. Who will be saved?

A. Only those who repent of sin and believe in Christ alone.



## Activity

### Materials Needed:

- tissue paper – variety of colors
- wax paper
- white glue
- popsicle stick
- craft knife
- scissors
- cross template (or just draw your own)

Tear tissue paper into small pieces. Roll out a piece of wax paper that is double the width of the template.

Spread glue onto half of the wax paper using a popsicle stick.

Piece by piece add the tissue paper until all the glue is covered.

Spread glue onto the other half of the wax paper and fold over on top of the tissue.

Smooth the paper and let it dry. Put something heavy on top so it dries nice and flat.

Cut out the crosses. Use a craft knife.

Run a thin line of glue around the perimeter of the crosses on the back of the paper.

Turn the paper over and glue it to the wax paper. Let it dry.

Cut out around the crosses and tape to a well-lit window and enjoy!

### Prayer

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## Lesson Four | Jesus Story: Resurrection & Ascension

Scripture Reading: Luke 23-24

Supplemental Reading: "God's Wonderful Surprise" The Jesus Storybook Bible, pages 310-325

From the Catechism for Young Children

Q. Did Christ remain in the tomb after his crucifixion?

A. No; he rose from the tomb on the third day after his death.

Q. Where is Christ now?

A. In heaven, interceding for sinners.

Q. Will he come again?

A. Yes; at the last day Christ will come to judge the world.

### Activity

Resurrection Rolls - A fun way to illustrate Jesus' resurrection is by making these rolls together.

#### Ingredients

- 1/4 Cup Butter, Melted
- 8 Marshmallows
- 1/4 Cup Sugar
- 1/2 Tablespoon Cinnamon
- 1 Package Crescent Rolls

#### Instructions

1. Preheat oven to 350 degrees.
2. Mix together 1/4 C. sugar and 1/2 T. cinnamon in a small bowl.
3. Unroll crescent rolls into triangles.
4. Roll 1 marshmallow into the triangle, leaving an opening on one side (to see inside once cooked).
5. Brush the crescent roll covered marshmallow in melted butter with a pastry brush.
6. Roll the crescent roll covered marshmallow in the sugar and cinnamon mix.
7. Place the coated crescent roll into a greased muffin tin.
8. Place in the preheated 350 degree oven for 9-11 minutes or until marshmallow has completely melted and "disappeared".
9. Remove from the oven, allow to cool for a few minutes and serve.

### Prayer

Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## Lesson Five | Baptism

Scripture Reading: 1 Peter 3:18-22

Supplemental Reading: "Heaven Breaks Through" The Jesus Storybook Bible, pages 200-207

From the Catechism for Young Children

Q. What sign is used in baptism?

A. The washing with water.

Q. What does this signify?

A. That we are cleansed from sin by the blood of Christ.

Q. In whose name are we baptized?

A. In the name of the Father, and of the Son, and of the Holy Ghost.

Q. Who are to be baptized?

A. Believers and their children.

### Questions

1. Do you remember when you were baptized? Have you had a sibling be baptized? Or seen any other baptisms at church? Talk about what happened.
2. Can you think of different stories from the Bible where God saved his people through water?

### Activity

Draw a picture of one of the stories of God saving his people through water (Noah, Red Sea, Jordan River)

### Prayer

Grant, Lord God, to all who have been baptized into the death and resurrection of your Son Jesus Christ, that as we have put away the old life of sin, so we may be renewed in the spirit of our minds, and live in righteousness and true holiness; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

## Lesson Six | Communion

Scripture Reading: 1 Corinthians 11:23-26

Supplemental Reading: “The Servant King” The Jesus Storybook Bible, pages 286-293

From the Catechism for Young Children

Q. What is the Lord's Supper?

A. The eating of bread and drinking of wine in remembrance of the sufferings and death of Christ.

Q. What does the bread represent?

A. The body of Christ, broken for our sins.

Q. What does the wine represent?

A. The blood of Christ, shed for our salvation.

Q. Who should partake of the Lord's Supper?

A. Only those who repent of their sins, believe in Christ for salvation, and love their fellow men.

### Activity

1. Print out a bread template. Cut out and fold bread so that it opens like a door with the Cross image inside.
2. Print out the template of the cup. Cut out templates. Fold a yellow piece of construction paper in half and put the flat side of the cup template on the folded edge. Trace around the template and cut out. When you open it you will have a complete cup. Be sure to draw in the top part of the cup.
3. Glue the cup to your background paper and let your child decorate it with crayons, markers, glitter, plastic jewels, sequins, etc.
4. Glue bread above the cup making sure the door opens the correct way.

### Prayer

To Christ our Lord who loves us, and washed us in his own blood, and made us a kingdom of priests to serve his God and Father, to him be glory in the Church evermore. Through him let us offer continually the sacrifice of praise, which is our bounden duty and service, and, with faith in him, come boldly before the throne of grace [and humbly confess our sins to Almighty God.

## Lesson Seven | Living in Faith

Scripture Reading: 1 John 4:19

Supplemental Reading: “A New Way to See” The Jesus Storybook Bible, pages 334-341

The Heidelberg catechism, written in 1563, sets a great tone for thinking about communion and about faith. Talk through this question and answer with your child:

Q. What is your only comfort in life and in death?

A. That I am not my own, but belong - body and soul, in life and in death - to my faithful Savior, Jesus Christ. He has fully paid for all my sins with his precious blood, and has set me free from the tyranny of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation. Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for him.

### Questions

1. How do you know Jesus loves you?
2. What are ways you show you love Jesus?
3. Do you know who are the leaders and shepherds of the church? (pastors, elders, deacons, deaconesses)
4. What are ways you can follow them, as they follow Christ?
5. What are ways you can support the church in worship? (listen, sing, greet people, pray, love, welcome, be kind)
6. What are ways you can grow in your faith? (all the means of grace - word, prayer and sacraments - are ways we are nourished and grow in Christ)

### Activity

Plan to invite a new friend or family for a meal at your home. Who will you invite? Who is in your Sunday School class or other part of church whom you don't know well? What can you do to help them feel welcome?

### Prayer

Grant, Almighty God, that we, who have been redeemed from the old life of sin by our baptism into the death and resurrection of your Son Jesus Christ, may be renewed in your Holy Spirit, and live in righteousness and true holiness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## Preparing for the Communicants Interview

### Questions for Children Seeking Admittance to the Lord's Table

1. What is sin?
2. What does God think of sin?
3. Are you a sinner?
4. Who is Jesus Christ?
5. What did Jesus Christ do for sinners?
6. Did Jesus Christ die for you?
7. What is a Christian?
8. How do we grow in our faith as a Christian?
9. Do you know why you were baptized when you were a baby?
10. Why do we have the Lord's supper?
11. What does the Lord's supper remind us of?
12. What do the bread and wine represent?





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