

# Communion

AN INTERACTIVE GUIDE TO PREPARE CHILDREN TO CELEBRATE  
THEIR FAITH COMMITMENT THROUGH COMMUNION



COMPILED BY GREG HILL & FRANK GEREMIA

# Contents

I.	OLD TESTAMENT HISTORY OF COMMUNION .....	1
II.	NEW TESTAMENT HISTORY OF COMMUNION .....	4
III.	WHAT IS SO SPECIAL ABOUT COMMUNION? PART 1 .....	8
IV.	WHAT IS SO SPECIAL ABOUT COMMUNION? PART 2 .....	11
V.	WAYS TO OBSERVE COMMUNION .....	13
VI.	WHAT DO THE BREAD AND JUICE MEAN? .....	14
VII.	WHO CAN TAKE COMMUNION? .....	16
VIII.	WHAT DID I LEARN? .....	18

# OLD TESTAMENT HISTORY OF COMMUNION

To understand communion it is necessary to understand the history behind the celebration. In order to understand what Jesus did in the New Testament, it is necessary to understand what happened in the Old Testament.



“INDEED, UNDER THE LAW ALMOST  
EVERYTHING IS PURIFIED WITH  
BLOOD, AND WITHOUT THE  
SHEDDING OF BLOOD THERE IS NO  
FORGIVENESS OF SINS.”

HEBREWS 9:22

1. From the beginning of time God has told us that  
without the \_\_\_\_\_ there is no  
\_\_\_\_\_.

The shedding of blood is called a sacrifice, and sacrifice brings  
forgiveness.

DRAW A PICTURE OF FORGIVENESS

“IT IS THE LORD’S PASSOVER. FOR I WILL PASS THROUGH THE LAND OF EGYPT THAT NIGHT, AND I WILL STRIKE ALL THE FIRSTBORN IN THE LAND OF EGYPT, BOTH MAN AND BEAST; AND ON ALL THE GODS OF EGYPT I WILL EXECUTE JUDGMENTS: I AM THE LORD. THE BLOOD SHALL BE A SIGN FOR YOU, ON THE HOUSES WHERE YOU ARE. AND WHEN I SEE THE BLOOD, I WILL PASS OVER YOU, AND NO PLAGUE WILL BEFALL YOU TO DESTROY YOU, WHEN I STRIKE THE LAND OF EGYPT.”



EXODUS 12:11-131.

2. The Egyptians were keeping God’s people as slaves. He punished the Egyptians while rescuing His people. He told His people to place \_\_\_\_\_ on the doorpost of their house, and when He saw the blood He would \_\_\_\_\_ that house. That



was God’s \_\_\_\_\_ for Egypt and His \_\_\_\_\_ for His people because after that Pharaoh of Egypt let them go free.

Those who had the blood on their doorpost were rescued — they were set free, but those who did not were punished.

You have learned already that the shedding of blood brings \_\_\_\_\_ and \_\_\_\_\_. In the Old Testament the \_\_\_\_\_ offered sacrifices on behalf of the people.

---

“AARON’S SONS THE PRIESTS SHALL  
BRING THE BLOOD AND THROW  
THE BLOOD AGAINST  
THE SIDES OF THE ALTAR  
THAT IS AT THE ENTRANCE  
OF THE TENT OF MEETING.”

LEVITICUS 1:5

---

Every time the people in the Old Testament offered their sacrifice they remembered how much they need God. They were reminded that the shedding of blood brings forgiveness and rescue.

**CAN YOU TELL A STORY FROM A BOOK OR A MOVIE ABOUT A RESCUE?**

**MAKE IT PERSONAL: IN THE OLD TESTAMENT, HOW IS GOD BOTH A FAIR, GOOD JUDGE AND ALSO A VERY LOVING FATHER?**

**HOW DO YOU THINK GOD FEELS ABOUT YOUR SIN?**

# NEW TESTAMENT HISTORY OF COMMUNION (PART 1)

You have learned already that the shedding of blood brings

\_\_\_\_\_ and \_\_\_\_\_. The New Testament tells us about Jesus and how He was the greatest sacrifice that brought these two things:

**1. The priest no longer needs to sacrifice.** The priest offered sacrifices repeatedly that can never take away sins. However, in the New Testament Jesus becomes the single sacrifice that brings forgiveness and rescue. That means that His sacrifice was the ultimate sacrifice and the priest doesn't need to sacrifice any more.

---

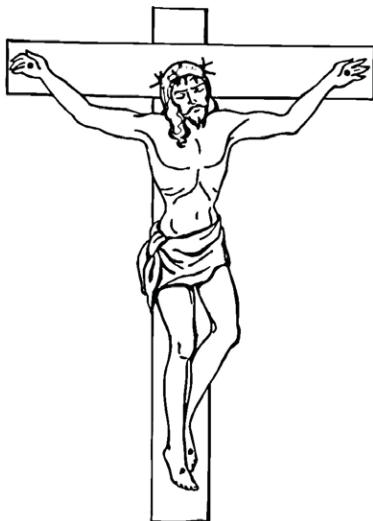
AND EVERY PRIEST STANDS DAILY AT HIS SERVICE, OFFERING REPEATEDLY THE SAME SACRIFICES, WHICH CAN NEVER TAKE AWAY SINS. BUT WHEN CHRIST HAD OFFERED FOR ALL TIME A SINGLE SACRIFICE FOR SINS, HE SAT DOWN AT THE RIGHT HAND OF GOD.



HEBREWS 10:11-12

---

## HOW WAS JESUS' SACRIFICE BETTER THAN ALL OTHER SACRIFICES?



**2. Jesus led the first communion time.** He did this to give us a way to always remember His sacrifice for sin. Circle the items in the verse that Jesus used as symbols of His sacrifice.



AND AS THEY WERE EATING, HE TOOK BREAD, AND AFTER BLESSING IT BROKE IT AND GAVE IT TO THEM, AND SAID, "TAKE; THIS IS MY BODY." AND HE TOOK A CUP, AND WHEN HE HAD GIVEN THANKS HE GAVE IT TO THEM, AND THEY ALL DRANK OF IT. AND HE SAID TO THEM, "THIS IS MY BLOOD OF THE COVENANT, WHICH IS POURED OUT FOR MANY.

Mk. 14:22-24

Make it personal: According to the Bible, sacrifices bring forgiveness and rescue.

**CAN YOU THINK OF ANY TIMES IN YOUR LIFE THAT YOU NEEDED FORGIVENESS?**

**HOW DOES IT MAKE YOU FEEL TO KNOW THAT BECAUSE OF JESUS OUR SINS CAN BE TAKEN AWAY FROM US?**

# NEW TESTAMENT HISTORY OF COMMUNION (PART 2)

**3. Early Christians took communion.** Take your Bible and look up Acts 2:42 and fill in the blanks.

“AND THEY DEVOTED THEMSELVES TO THE APOSTLES’ TEACHING AND THE FELLOWSHIP, TO THE \_\_\_\_\_ OF \_\_\_\_\_ AND THE PRAYERS.”



**4. Throughout history all Jesus’ followers have observed communion.** We do it to remember Jesus. Using I Cor. 11:24-25, fill in the blanks:

... AND WHEN HE HAD GIVEN THANKS, HE \_\_\_\_\_ IT, AND SAID, “THIS IS MY \_\_\_\_\_ WHICH IS BROKEN FOR YOU. DO THIS IN \_\_\_\_\_ OF ME. IN THE SAME WAY ALSO HE TOOK THE \_\_\_\_\_ AFTER SUPPER, SAYING, “THIS CUP IS THE NEW COVENANT IN MY \_\_\_\_\_. DO THIS, AS OFTEN AS YOU \_\_\_\_\_ IT, IN \_\_\_\_\_ OF ME.”



Jesus never said how often to do this, so some churches do it every week and others once a month. Special occasions like Christmas and Easter are also times when churches may celebrate communion.

Remember: how often you take communion is not as important as what communion means.



“AND HE TOOK BREAD,  
AND WHEN HE HAD GIVEN  
THANKS, HE BROKE IT AND GAVE  
IT TO THEM, SAYING, “THIS IS  
MY BODY, WHICH IS GIVEN FOR  
YOU. DO THIS IN REMEMBRANCE  
OF ME.” AND LIKEWISE HE  
TOOK THE CUP AFTER THEY HAD  
EATEN, SAYING, “THIS CUP THAT  
IS POURED OUT FOR YOU IS THE  
NEW COVENANT IN MY BLOOD.”

LUKE 22:19, 20

DRAW A PICTURE OF THE BREAD AND THE CUP.

MAKE IT PERSONAL: HOW DOES COMMUNION HELP YOU REMEMBER JESUS' SACRIFICE?

# WHAT'S SO SPECIAL ABOUT COMMUNION? (PART 1)

Communion is meaningful because it is a symbol of our relationship with Jesus.

During Communion we REMEMBER That Jesus died.

**WHY DO YOU THINK JESUS WOULD WANT US TO REMEMBER HIS DEATH?  
(SEE ROMANS 5:8, 1 CORINTHIANS 15:3)**

---

FOR THE WAGES OF SIN IS DEATH, BUT  
THE FREE GIFT OF GOD IS ETERNAL LIFE  
IN CHRIST JESUS OUR LORD.

ROMANS 6:23

---



1. Communion is a special time to remember why we all need Jesus.

a. What is sin?

i.

ii.

## READ GENESIS 3:1-13

- b. Write down an example of when you have sinned.
- c. What are “wages”? Do you know anyone who receives wages for their work?
- d. According to Romans 6:23, what are the wages of sin?
- e. What is Death?
- f. Circle the part of Romans 6:23 that tells us why we all need Jesus.

## MAKING IT PERSONAL: WHAT DOES A BROKEN RELATIONSHIP LOOK LIKE?

## HOW DOES IT FEEL TO HAVE A BROKEN RELATIONSHIP?

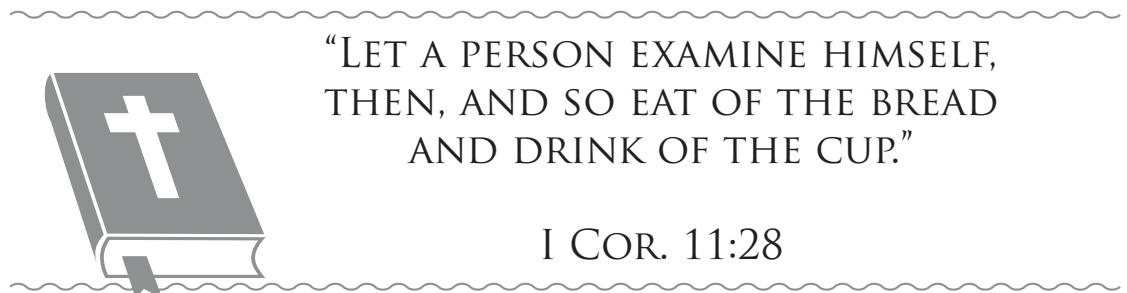
HOW DO YOU THINK GOD FEELS HAVING A BROKEN RELATIONSHIP WITH THE PEOPLE HE HAS MADE?

REMEMBER WE ALL HAVE REBELLED AGAINST GOD. GIVE AN EXAMPLE OF A TIME IN YOUR LIFE WHEN YOU WERE TOLD TO DO SOMETHING AND YOU REFUSED.

WHAT DOES GOD DO ABOUT YOUR SIN?

# WHAT'S SO SPECIAL ABOUT COMMUNION? (PART 2)

1. Communion is a special way to thank Jesus.
  - a. What can you be thankful for during communion? Write down at least 1 thing. If you need help, look at Ephesians 2:8,9.
  - b. Pray and thank Jesus. Express how much we need Jesus.



2. According to 1 Corinthians 11:28, what should we remember to do when we take communion?
  - a.
  - b. What is our heart?

A good motive for communion is to help us not to forget our need for Jesus. How do we know if we pass the test? Looking at motives tests our heart. Does it mean we have to be perfect to take communion? Does confessing mean we are in trouble if we miss any of our sin? No. You remember how much you need Jesus; that is how you pass the test. Read I Corinthians 11:28 from The Message: “*Examine your motives, test your heart, come to this meal in holy awe.*”

## CIRCLE THE CORRECT ANSWER:

Before we take communion we should:

- a. Talk to a friend about sin
- b. Make sure we didn't eat something
- c. Test our heart

Read the stories of people who remembered their sin:

Luke 15:11-32 The Prodigal

Luke 23:39-43 The thief on the cross

Mark 5:24-34 The woman who touched the hem of Jesus' clothes

Luke 5:17-26 The Man lowered through the roof

Make it personal...

**CAN YOU THINK OF A TIME WHEN YOU REMEMBERED YOUR SIN AND THEN CONFESSED IT TO A TEACHER OR YOUR PARENT?**

**CAN YOU THINK OF A TIME WHEN YOU REMEMBERED YOUR SIN AND YOU CONFESSED IT TO GOD?**

**IS THERE ANY SIN THAT YOU HAVE COMMITTED THAT YOU WOULD LIKE TO CONFESS TO GOD AND ASK FOR HIS FORGIVENESS? IF SO, BE HONEST AND TELL HIM YOUR SIN AND THEN ASK HIM TO FORGIVE YOU.**

**READ 1 JOHN 1:9 AND WRITE DOWN HOW GOD RESPONDS TO OUR CONFESSION OF SIN.**

# WAYS TO OBSERVE COMMUNION

The exact way a church takes communion is not as important as what communion means. Many churches serve communion differently; it could be at different times in the Sunday service and sometimes in different locations.

In preparation for taking communion, pastors, elders and church leaders will remind people of why Jesus died and why they need Him.

Some churches use trays of cups and plates of crackers or bread. Others may use a cup filled with grape juice or wine and a portion of a loaf of bread that people break off pieces of or small pieces that are cut ahead of time.

In some churches everyone waits to take communion at the same time, while in others they let people take communion on their own or as a family.

Make it personal...

**IN WHAT WAYS HAVE YOU SEEN COMMUNION BEING TAKEN?**

# WHAT DO THE BREAD AND JUICE MEAN?

---

“FOR I RECEIVED FROM THE LORD WHAT I ALSO DELIVERED TO YOU, THAT THE LORD JESUS ON THE NIGHT WHEN HE WAS BETRAYED TOOK BREAD, AND WHEN HE HAD GIVEN THANKS, HE BROKE IT, AND SAID, ‘THIS IS MY BODY WHICH IS BROKEN FOR YOU. DO THIS IN REMEMBRANCE OF ME.’ IN THE SAME WAY ALSO HE TOOK THE CUP, AFTER SUPPER, SAYING, ‘THIS CUP IS THE NEW COVENANT IN MY BLOOD. DO THIS, AS OFTEN AS YOU DRINK IT, IN REMEMBRANCE OF ME.’”



I COR. 11:23-25

---

Bread and juice are not special in and of themselves. They may be just like the bread and juice you have at home.

According to what Jesus said, the bread stands for His body that was nailed to the cross and the juice pictures the blood that flowed from Jesus' wounds when He died on the cross.



Make it personal...

Read John 6:53 and answer the two questions below. "Unless you eat the flesh of the son of Man and drink his blood, you have no life in you."

**IF THE BREAD REPRESENTS THE BROKEN BODY OF CHRIST, WHAT IS SO IMPORTANT ABOUT HIS BODY BEING BROKEN?**

**IF THE CUP REPRESENTS THE BLOOD OF CHRIST, WHAT IS SO IMPORTANT ABOUT THE BLOOD OF CHRIST?**

Because of this significance you can see why communion is a very serious time.

# WHO CAN TAKE COMMUNION?

## READ LUKE 22:7-20.

Jesus wanted to serve them the Passover meal; He wanted them to experience communion. In Luke 22:7-20, how does Luke demonstrate that Jesus wanted them to take communion?

Make it personal...

Jesus is eager for us to take communion. But who can take communion?

**First**, our communion time is open to all present, including children. However, since children are under the authority of their parents, we leave it up to parents to make the decision for their children.

## ASK YOUR PARENT OR GUARDIAN IF THEY TAKE COMMUNION AND WHY?

**Second**, communion is open to anyone who is trusting in Jesus Christ alone for the forgiveness of their sins and the fulfillment of all His promises to us (which includes eternal life).

## TELL YOUR PARENT OR GUARDIAN WHAT JESUS HAS DONE TO DEAL WITH YOUR SIN AGAINST GOD.

DRAW A PICTURE OF YOU FOLLOWING, OBEDIENCE OR WORSHIPING JESUS.

WRITE THE NAME OF SOMEONE 10-20 YEARS OLDER THAN YOU THAT IS FOLLOWING, OBEDIENCE OR WORSHIPING JESUS.

WRITE THE NAME OF SOMEONE 20-40 YEARS OLDER THAN YOU FOLLOWING, OBEDIENCE OR WORSHIPING JESUS.

SINCE COMMUNION IS A CELEBRATION OF YOUR LIFE-LONG RELATIONSHIP WITH JESUS, GIVE EXAMPLES OF HOW PEOPLE THAT ARE OLDER THAN YOU FOLLOW, OBEDIENCE AND WORSHIP JESUS.

TELL YOUR PARENT OR GUARDIAN WHY YOU WANT TO TAKE COMMUNION.

# WHAT DID YOU LEARN?

Circle The Correct Answer.

1. Communion was started when
  - A. Peter became the leader of the early church
  - B. Jesus observed it with his disciples before He died
  - C. The early church leaders invented a way to remember Jesus
2. One Bible passage that tells what communion means is
  - A. Psalm 23
  - B. Ephesians 6
  - C. I Corinthians 11
3. Communion is a time to remember what?
  - A. Jesus' baptism
  - B. Jesus' death
  - C. Jesus' resurrection
4. What food do we use in communion?
  - A. Cookies and milk
  - B. Pretzels and soda
  - C. Bread and grape juice
5. What does the bread represent?
  - A. Jesus' body
  - B. How God provides food for us
  - C. Stones
6. What does the juice represent?
  - A. The living water
  - B. The Red Sea
  - C. The blood of Jesus

7. Communion is serious, so what should we be doing?
  - A. Talking quietly
  - B. Thinking about Jesus' wounded and bleeding body
  - C. Doing homework
8. A child is ready to take communion when
  - A. They understand its significance
  - B. They can give an honest testimony of having put their faith in Jesus for the forgiveness of their sin
  - C. They consciously intend to follow the Lord in all areas of their lives
  - D. All of the above
9. Communion is sometimes called
  - A. The Lord's Prayer
  - B. The Lord's Supper
  - C. The Fruit of the Spirit
10. Pastors prepare people's hearts for communion by
  - A. Reminding them why Jesus died and why they need Him
  - B. Shaking hands with everyone
  - C. Calling the servers up

