



Family Guide to Communion

Why do we do communion?

We are re-enacting and remembering the last meal Jesus had with his disciples (Matthew 26:17-30). It reminds us of the love of God shown through the sacrifice of Jesus and his forgiveness of our sin — the stuff that gets in the way between us and God.

What is communion?

We eat a little piece of bread, which represents Jesus' body, and we drink a little bit of juice, to remind us of Jesus' blood but also the new promise between God and us: that nothing stands in the way of God's love for us as his kids!

Who should participate in communion?

Communion is for everyone who has decided to love and follow Jesus. It's a practice we do as a church family, together, to remember and reflect on God's love for us, and our love for him. Children who want to join in are welcome to the table!

Scripture passages to check out:

- Matthew 26:17-30
- 1 Corinthians 11:23-26