

# Explaining Communion to Kids

## What is Communion / The Lord's Supper?

Food is important in our lives, isn't it? Not only does it taste good, but we need it to survive! A lot of our meals are with other people - with our family at home, or maybe with our friends at school. In those meals we enjoy the food we eat, and we also enjoy time with people important to us.

Communion is a meal as well, but a little different than others. This meal doesn't really fill us up physically but feeds us spiritually. What does that mean? Well, as we take part in Communion, Jesus is present with us in a special way through the Holy Spirit, and this helps give us strength to follow him in our lives. We remember what Jesus has done for us and is still doing for us through his sacrifice on the cross. And we do this with people important to us: our family together with our church family.

## When Can I Take Part in Communion?

At Southview, we believe you are ready to take part in Communion when you have:

- a. decided to follow and trust in Jesus; and
- b. have some understanding of what Communion means (*above*).

## What Does the Bible Say About Communion?

- "Then Jesus took bread. He gave thanks and broke it. He handed it to them and said, 'This is my body. It is given for you. Every time you eat it, do it in memory of me.' In the same way, after the supper he took the cup. He said, 'This cup is the new covenant in my blood. It is poured out for you'" (*Luke 22:19-20*).
- "When you eat the bread and drink the cup, you are announcing the Lord's death until he comes again" (*1 Corinthians 11:26*).

**Questions? Contact:** [kids@southviewchurch.com](mailto:kids@southviewchurch.com)