



Family Conversation Resource

Communion

THE WIN

Caregivers and kids engaging in a conversation about communion.

PREPARE FOR THE CONVERSATION(S)

As you prepare to have these conversations, spend time reflecting on the following questions and statements.

- Reflect on your experience with communion. Why do you take communion? What does communion mean to you? What are your thoughts or prayers while taking communion?
- As you take communion, how do you engage with Jesus?
- Think about the best time to talk with your kid(s) about this topic.
- Read through the passages in the “investigate together” section.
- Communion is served each week to kids who attend Mountain Kids Programming. Having a conversation about communion will help set your kid(s) up for success.

DISCUSSION

Families, when kids are asking questions and wondering about communion, one of the best things we can do is to continue the conversation. **YOU** are the best resource for your kids! Below are some discussion questions to use as you continue or start the conversation. Remember, you are the best person to invest spiritually into your child. Keep the conversation going, and know we are here for you!

- Share one of your favorite memories, this could be a vacation, event, or something you did with friends. Do you have a token or object to remember this event? For example, maybe you went to the beach and brought back a seashell. The seashell reminds you of the fun time at the beach.
- Why do you want to take communion?
- What did you notice about the kids taking communion during Mountain Kids?
- Ask your kid to share anything that is confusing or unclear about communion.
- What’s the difference between a snack and communion?
- What do you know about Jesus and what He did for us?
- If you are not ready to take communion, talk about what you could do while others are taking communion (sing, pray, talk to a small group leader)..

INVESTIGATE TOGETHER

Spend time reading the Bible passages below. Talk about what you notice, what you learn, what is confusing, or any questions that arise during the readings.

- Mark 14:22–26
- Matthew 26:26–28
- Luke 22:19–20
- Corinthians 11:24–26

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ENGAGE TOGETHER

The point of this section is to have families engaging in a hands-on activity around the topic of communion.

- **Examine: Communion is a chance to think about our own lives.**
 - Jesus' death on the cross was for our sins. Spend time journaling, writing, or drawing your prayer requests to Jesus.
 - Journaling your prayer request over a period of time is a great way to spend time with Jesus. After a period of time, look back to see how God has answered those prayers.
 - Communion is also a chance to be quiet and still. Try setting a timer for one minute to be still and quiet. If it helps play a quiet song in the background to focus on spending time with Jesus in prayer.
- **Remember: Spend time remembering the importance of the communion meal.**
 - Communion is a time to remember what Jesus did for us.
 - Read John 3:16, Romans 5:8, 1 Peter 3:18.
 - How does that make you feel, knowing that Jesus died for you?
 - Create a poster or comic strip showing Jesus' death and then resurrection (empty tomb). Keep this as a reminder for what Jesus did for you.
- **Community: Life is better together, spend time as a family discussing or engaging in the following activities.**
 - Talk about what the elements of communion mean (bread — Jesus' body broken, juice — Jesus' blood shed on the cross).
 - Find a favorite bread recipe, spend time baking a loaf of bread. Use the time while the bread is baking to spend time together as a family.
 - Each week after Mountain Kids, talk with your kid about their communion time.
 - How did they use their quiet time to take communion?
 - Did they write a prayer card? What did they write?
 - During Mountain Kids weekly programming communion is served, talk about other ways your kid could participate in this moment, if you feel like he or she is not ready to participate in communion
 - If you feel like your kid(s) is ready to take communion, grab juice and bread, and take it as a family. Read through Matthew 26:26–28 as you take communion together. Maybe taking communion as a family is a new rhythm you can incorporate into your month..

PRAY

Dear Jesus, thank you for your life, death, and resurrection. We are thankful that you died for my sins. Sometimes I know that I do things that you don't want me to do. Please help me remember how much you love me and what you did for me on the cross.

NEXT STEPS

- Determine another time to talk with your kid about communion.
- Set up a time to talk with a Kid's Pastor about communion or any other topic.



For more information, visit MountainCC.org/Kids