

## The following will help you prepare to take Communion:

1. Communion is a serious time. Think about all God has done for you through Jesus Christ.
2. Realize God is with you as you are taking Communion. Listen for what He might be saying to you.
3. The word “elements” means the bread and the juice.
4. Your Pastor may serve Communion in several different ways. You may be asked to come forward, or someone may bring it to your row.
5. The Pastor will say, “This is the body of our Lord Jesus Christ, which was broken for you.” Take the bread and eat it.
6. The Pastor will then say, “This is the blood of our Lord Jesus Christ, which was shed for you.” Take the juice and drink it.
7. When finished, wait quietly while others take Communion. Use this time to pray. Ask God to help you obey Him.

## INTENTIONAL FAMILY WORSHIP SERVICES BULLETIN

### Communion

*During our services, your child may wonder why we take Communion.*

*“Do this in remembrance of me”  
Luke 22:19*

## INTENTIONAL FAMILY WORSHIP SERVICES BULLETIN

Source: WORDaction’s Young Believer’s Discipleship Series.

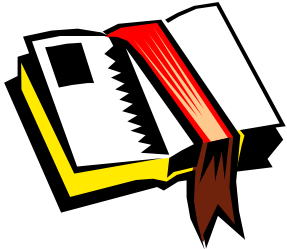


## Communion

Communion is very important to Christians. Jesus started the tradition by breaking bread and passing the bread and the cup to His disciples at the Last Supper (Luke 22:14-20). Communion helps us remember what Jesus has done for us when he died on the Cross.

The Bible teaches us that “without the shedding of blood, there is no forgiveness of sins” (Hebrews 9:22). Jesus told His disciples this special meal represented His body and blood. He died so our sins could

be forgiven and we could have a right relationship with God.



A covenant is like a promise between two

people. Jesus said His blood was the blood of the covenant (Mark 14:24). Communion reminds us of God’s promise to forgive our sins and always to lead us. We promise to love God completely and to love our neighbor as ourselves.

Each time you take Communion you can remember what Jesus did for you and what God is doing in your life right now. The Bible says when you take Communion you “proclaim the Lord’s death” (1 Corinthians 11:26). When you proclaim something, you help other people remember too.

### As you prepare to take Communion think about the following things:

1. Remember Jesus’ death. Think about how Jesus suffered and why He died.
2. Reflect on how you are living. Think about your words, actions, and attitudes. Ask God if you have any hidden sin in your life you need to confess to Him. If He shows you something, admit you have done wrong, and ask God to forgive you.
3. Receive help from God. God not only forgives, but He gives you strength to obey Him and live for Him.

### Q: Why do we use bread and juice?

**A:** These are the basic parts of a meal. In the Bible, people needed bread to live. When we eat bread, it reminds us we need Jesus as much as we need food. Jesus is the “bread” that gives us the strength to live for God (1 John 6:48-50).

### Q: Why do we eat flat bread (or wafers)?

**A:** Yeast makes bread rise. In the Bible, yeast came to stand for sin. Jesus had no sin, but He came to take away our sin. For

Communion, a form of bread without yeast is used to represent that Jesus was without sin.

### Q: It sounds strange to think of bread as Jesus’ body and juice as His blood. Why did Jesus describe it that way?

**A:** The bread and juice are symbols. They remind us of Jesus’ death on the cross. The Bible says that without blood, sins cannot be forgiven (Hebrews 9:22). That is why Jesus had to die. It was the only way people could be forgiven of sin.