



# The Lord's Supper

Parents,

The Lord's Supper can be an amazing time of worship and reflection for your child. The key is to talk with them before the time comes so that they can watch or participate with an understanding of what's taking place. Kids experiencing the Lord's Supper for the first time might be confused why they can or can't participate or even why, as more than one young child has thought, the adults are having a snack time of juice and crackers in the middle of the service.

To help your child understand the Lord's Supper better, here are some thoughts that you can talk through with them.

## Explaining the Lord's Supper to Children

The Lord's Supper is something that Jesus did with his disciples the night he was betrayed, before his death on the cross. (Matthew 26:26-29; Luke 22:14-20)

The Lord's Supper is for anyone that has placed their faith in Jesus. (Ephesians 2:8-9; Romans 10:9)

When children celebrate the Lord's Supper, it is important to help them know that the bread and cup are not the actual body and blood of Jesus, but serve as symbols of Jesus' body and blood.

The Lord's Supper, is a way for us to remember what Jesus did for us. (Luke 22:19) When we remember, we give thanks.

When we take the Lord's Supper, we are to examine ourselves first. It is very important to God that we eat the bread and drink the cup of the Lord in a worthy manner. (1 Corinthians 11:27-28)

The Lord's Supper is a time to remember, give thanks, and proclaim Jesus' death until He comes again. (1 Corinthians 11:26) It's a special time of worship for all who are in Christ.