

# NextGen Communion Parent Conversation Guide

Communion is an important spiritual practice, but often one that is hard for your children to understand. Below are a few ways you can help them understand what it means to participate in Communion, and why we do so as the people of God.

## Prompts for Preparation

In celebrating the table of God for the people of God, we mean young people too! We encourage any children that are Christ followers (have accepted Jesus as their Savior) to join you in the practice of Communion. If you know that they understand and are trusting in the finished work of Jesus for the forgiveness of their sins, encourage them to partake. If not, please encourage them to observe Communion, and take this opportunity to discuss salvation more deeply with them following the service.

**DO** the following with your children:

- Create margin before and after New City Online to prepare for and follow up with your kids around the practice of Communion, what it means, and how they might respond.
- Read 1 Corinthians 11:23-26.

**DISCUSS** the following with them. Explain to your children that Communion helps us do the following:

- It is an act of **OBEDIENCE** to God. He asks us to practice Communion as his followers.
- It is an act of **REMEMBRANCE**. When we take the bread and the cup, we do it to remember what Jesus did for us.
- It is an act of **CONFESSION**. We are called to confess our sins to Jesus, tell him we're sorry, and ask for his forgiveness.
- It is an act of **THANKS**. When we participate in Communion, we are thanking Jesus for dying on the cross for our sins.
- It is an act of **WORSHIP**. When we participate in Communion, we are telling God that we love him.

## Prompts for Response

Prior to or following Communion, spend some time asking your children good questions that you have thought about and wrestled with in advance. A few suggestions include:

- Communion represents Christ's death for sinners. What does the bread represent? What about the cup?
- What other things do we use or do to help us remember something? Why is it important?
- What should happen to us as we remember Jesus' broken body and shed blood for our sins?
- What would you like to ask Jesus to forgive you for today?

## Things to Remember:

- Remind your kids that Communion isn't a snack. In the same way that we set up a manger scene to remember Christ's birth, we take Communion to help remember why he came and his death and resurrection.
- Don't pressure your children into taking the bread and the cup. Use this as a time to ask them what they know and believe about Jesus and his work on the cross.
- Let them observe you taking Communion during a New City Online service, even if they are too young to understand.
- Share with them your own story of salvation and what Communion means to you. If you remember Communion from your childhood, tell them about it and how it differs from what you used to think about it.
- Use Communion as another chance to talk about the gospel and what God has done for us in Jesus Christ's death and resurrection.
- Pray together as a family before or after Communion. Thank God for his love for us, for Jesus' death and resurrection, and for his forgiveness.