

Communion Explanation for Children



Suppose you bring a friend to church for the very first time and it is on a Sunday when we are having Communion. Beneath the large white cloth in the front there are baskets filled with broken bread and small cups filled with grape juice. Sometimes Pastor Doug or Pastor Kristen and the ushers will pass bread baskets and cups of juice out to everyone. Sometimes people are invited to line up and dunk their bread in the large silver cup of juice being held by the pastors, staff or other church leaders and eat the soggy bread.

Whenever we do this the words sound the same "this is the body of Christ....this is the blood of Christ." As the church service finishes and people get ready to get in their cars to go home, your friend texts you and asks, "Why do we do that?" Or "What exactly does that mean?" That's what this is all about.

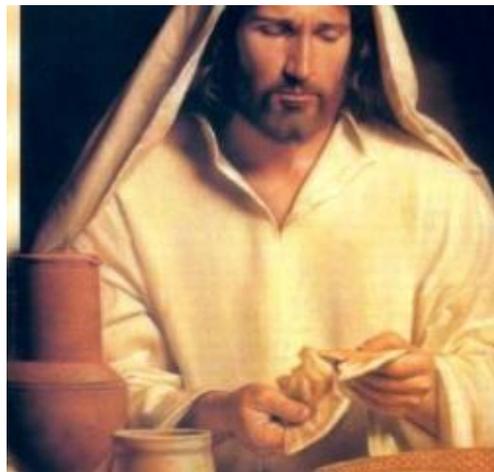
Let's start first with the name because it is a little confusing. In the Bible, as one of the very last things that Jesus does with his friends before he is crucified on the cross, he sits down with them and they eat together. During the meal, Jesus picks up the bread off the table. It was normal, ordinary bread. It wasn't a slice of bread but more like a loaf of bread, kind of like Italian bread before it gets cut up. Jesus holds it up, breaks the bread into pieces and says "this is my body which is broken for you." Then, he hands it out to his friends, the disciples. Then, he picks up a cup of wine (we use grape juice), he holds it up and says "this is my blood which is shed for you." Kind of strange words!

[The Lord's Supper, Luke 22:7-20](#) ~ Then came the day of Unleavened Bread on which the Passover lamb had to be sacrificed. Jesus sent Peter and John, saying, "Go and make preparations for us to eat the Passover." "Where do you want us to prepare for it?" they asked. He replied, "As you enter the city, a man carrying a jar of water will meet you. Follow him to the house that he enters, and say to the owner of the house, 'The Teacher asks: Where is the guest room, where I may eat the Passover with my disciples?' He will show you a large room upstairs, all furnished. Make preparations there." They left and found things just as Jesus had told them. So they prepared the Passover. When the hour came, Jesus and his apostles reclined at the table. And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God." After taking the cup, he gave thanks and said, "Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes." And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."

Because this was the last time Jesus sat around the table with his friends this is called "The Last Supper." Sometimes people call this "The Lord's Supper." Lord is another word for Jesus. If you have friends that are Roman Catholic, they call this "The Holy Eucharist" (you say that word like this ... you-ker-rist). Most of the time at Sharptown we also call this "Communion" or "Holy Communion." Ever since Jesus did this with his friends, the disciples, people in the Church have been doing this to remember Jesus. Since that was so long ago, lots of names have been given to try and describe this event.

One of the reasons why Communion has so many names is because people have tried to give names that explain what happens and why we keep doing this. One reason we do this so often is because Jesus told his friends that when they get together they should do the same thing. So, we are doing what Jesus told us to do. It is called "Communion" because that word means that it is something that we do together as a church family, as a community. When we have Communion together we share friendship, love for one another, and we remember the life of Jesus and his death. It's almost like when your family invites friends over to your house for dinner. We talk and visit around the table because we are friends. We do it together.

A second reason we have Communion together is a little harder to understand. We believe when people eat the bread and drink the cup that God gives help, strength, love and forgiveness to people. The Bible uses one word to describe that - grace. So, whenever people have communion together, God is present helping people with the things going on in their lives. Just like you can't see love with your eyes or actually hold love with your hands - God's grace is just like that during communion. God is there. God is present when we eat the broken piece of bread and when we drink the cup.



[Romans 8:39](#) ~ *Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.* [Ephesians 2:4-5](#) ~ *But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions - it is by grace you have been saved.)*

The third reason we have communion is because of something Jesus said to his friends. Whenever you get together for church and have communion, "do it because you remember me." It is kind of like having a friend from school or a family member move away to another city or state. Because you can't see them and hug them, you really miss them. Sure, you can Skype, Facebook or text them but it's just not the same. To help you remember how much you loved them you might have a picture of them around the house. Maybe it's a picture of something special you did together. Every time you see the picture, you remember the person, the fun, the activity and how much you love them. That's the reason we take communion. It helps you remember Jesus and how much Jesus loves you.



Jesus wants to be your really good friend. But, He is more than that. Jesus knows all about you, all about your life and all about your family. He loves you even before you knew anything about Him.

[Ephesians 1:4](#) ~ *For he chose us in him before the creation of the world to be holy and blameless in his sight.*

He has wanted to be your closest friend even before you knew you could have a friendship with Him. Often we do the wrong things - we sin; and sin separates us from having a close friendship with Jesus.

[Romans 3:23](#) ~ *For all have sinned and fall short of the glory of God. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

The Bible tells about how Jesus has made a way to fix the problem by dying on the cross. Jesus can forgive the wrong things in our lives and forgive our sin. He loves us and does not want us to be apart from Him, but wants us to have a close friendship with Him every hour.

[1 Thessalonians 5:10](#) ~ *He died for us so that, whether we are awake or asleep, we may live together with him.*

Whenever we take communion, it should be because we want a closer friendship with Jesus and we want to do the things that Jesus wants us to do.

One of the last things Jesus said was to remember Him. So, when we get together in Church one of the pastors at Sharptown will take an everyday, ordinary piece of bread which has previously been blessed and consecrated and will say, "this bread reminds us of Jesus ... he was the Bread of Life ... it is broken just like in the last hours of Jesus' life he was bruised beaten up and broken..." Then the pastor will say "this cup of juice reminds us of Jesus ... when they nailed Him to the cross he bled and died because He loved us ... the juice reminds us of the blood that Jesus bled and that He wants to forgive our sin and be a friend that's closer than my brother or my sister..."

We almost always have communion together with the people we hang out with at church. We have communion in a number of ways at Sharptown. Sometimes we stay in our seat. Sometimes we walk in a line up front. There is always a piece of broken bread and some grape juice. Some churches might do this a little different, but usually it will not be much different. All are invited to participate in The Lord's Supper and remember the incredible things that Jesus has done and can do for us.