

The Lord's Supper

A SOUTHRIDGE FAMILY RESOURCE



As children begin to notice and experience the Lord's Supper in different settings, it's natural for them to ask meaningful questions. This resource is here to support and equip parents and caregivers as they have these important conversations, helping their children understand and take part in the Lord's Supper as they grow in following Jesus.

What Is It?

The Lord's Supper—also called Communion, the Bread and the Cup, or the Lord's Table—is one of the ordinances (practices) Jesus gave His disciples to continue until He returns. As followers of Jesus, we take part in this act of thanksgiving to remember His incredible love, shown when He gave His life on the cross for us. We share in the Lord's Supper each month, and on special occasions, as we gather as the church and live out our Discipleship Rhythm of Celebrating Big.

Discuss:



- What did you notice people doing?
- What do you think it means?
- Why do you think we do this?

The Bible

In each of these passages, Jesus shares instructions with His disciples about the Lord's Supper during the Passover meal. Take some time to choose one account from Matthew, Mark, or Luke and read it together.

Matthew 26:16-30

Mark 14:12-26

Luke 22: 7-23

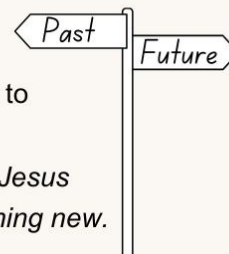
1 Corinthians 11:23-26

In each of the Gospel accounts, Jesus teaches His disciples about the Lord's Supper, inviting us to remember what He has done and to look forward with hope to what is still to come.

Discuss:



- What does the Lord's Supper help us remember from the past?
 - *That Jesus died on the cross for us.*
- What does it help us look forward to in the future?
 - *That one day we will eat with Jesus again when He makes everything new.*



The Elements

In each account, we see that Jesus gave his disciples two physical elements, the bread and the cup, as symbols.

Discuss:



- What does Jesus say the bread represents?
- What does Jesus say the cup represents?



'The Bread' is a visual symbol of the physical body of Jesus

'The Cup' is a visual symbol of Jesus' blood



The New Covenant

Through the Lord's Supper, Jesus established a New Covenant—a new relationship between God and His people. Because of His death on the cross, our sins no longer separate us from God. Through faith in His life, death, and resurrection, we receive forgiveness and the gift of eternal life (Romans 6:23).

Share:



- Your story of when you first trusted in Jesus.
- Your first experience taking part in the Lord's Supper.

Are You Ready to Take This Step?

Everyone, young and old, who has personally chosen to believe in Jesus' life, death, and resurrection for the forgiveness of their sins is invited to participate in the Lord's Supper. As you consider whether your child is ready to take part in communion, here are a few helpful questions to discuss together:

Discuss:



- Do you know why we take communion?
- Do you believe Jesus died and came back to life because He loves you?

Based on your child's responses, they may not yet be ready to participate in the Lord's Supper, and that's okay. Communion is a meaningful step, and it's important that children have a growing understanding of sin and their need for a Saviour. If that understanding isn't there yet, continue to pray and trust that God will draw them into a personal relationship with Jesus. If your child is ready, you can invite them to participate in the Lord's Supper, taking the bread and the cup as a way of remembering Jesus' sacrifice.