

AT-HOME COMMUNION GUIDE

Hey Families! Communion is a beautiful way to remember Jesus' sacrifice together as a family. Like baptism, communion doesn't save us—it's a symbol. The bread reminds us of Jesus' body, and the juice represents his blood, given so our sins could be forgiven.

1. GATHER SUPPLIES

Before you gather your family, grab a few simple items:

- Bible
- Bread
- Grape juice

2. READ GOD'S WORD

Take a moment as a family to remember how much Jesus loves us. Read about the Last Supper, where Jesus first shared communion with his disciples.

- Matthew 26:17–30
- Mark 14:12–26
- Luke 22:7–30

3. TALK ABOUT IT

Use these simple questions to reflect together:

- What did the bread and wine represent?
- Why did Jesus say to eat and drink these things?

4. PREPARE YOUR HEARTS

Before taking communion, pause to pray. Ask God to show you anything he wants you to confess or make right.

5. TAKE COMMUNION

1. Give every family member a piece of bread.
2. Read 1 Corinthians 11:23–24.

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." (NIV)

3. Eat the bread together, remembering Jesus.
4. Give each person a cup of juice.
5. Read 1 Corinthians 11:25.

In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." (NIV)

6. Drink the juice together, remembering Jesus.

6. PRAY AND WORSHIP

Close by praying as a family. Thank Jesus for his love, his sacrifice, and the gift of forgiveness.