

How do I navigate communion with my kids?

First things first:

- Communion is for believers. (1 Corinthians 11:26-29)
- At Covenant we believe a child's faith is real; they can have their own personal faith. That being said, we acknowledge that there is a fair amount of mystery in truly understanding the depth of a child's personal faith.

Questions and Reminders:

Has your child prayed to accept Jesus' forgiveness and commit their life to Him? This is a conversation with God that you should be ever walking your child towards and ready to move into (without pressure) when they are ready.

As parents, you have the place of most significant influence in your child's faith formation. From day one (and for the rest of your life) you should be in the rhythm of having age-appropriate spiritual conversations with your children (and be encouraged... it's never too late to start). Here are two great books that help give you words for those conversations with children: [The Jesus Storybook Bible](#), [The Ology](#).

Does your child understand communion?

Communion is a sacred practice that illustrates Jesus' death on the cross and a believer's connection with Him. The bread broken reminds us of His body broken. The juice reminds us of His blood shed to pay for sins. When one takes the bread and the juice they willingly acknowledge Jesus' substitutionary death on the cross. This practice is both a physical reminder of Jesus' substitutionary death and a mysterious blessing for the believer.

When can/should my child participate in communion?

- Once you believe they have a personal saving faith in Jesus
- Once you believe they understand communion (*A helpful way to learn what your child does and does not understand is by having them answer - without numerous prompts - your clear open ended questions regarding personal faith and communion*)
- Once you believe they have a desire to participate in communion – *realize that motivation for taking communion is rarely 100% pure in children (or adults)*
- In the end, you know your child best and the decision of when they are ready to participate in communion is up to you.

If you would like to have more conversation about this topic, please contact Brently at bjordan@covenantpc.org.