

Family Communion

Here are some practical steps that you can use to lead your family in communion:

1. Prepare.

Get your communion elements and plan ready. There should be some type of bread element and some type of juice element. Think about when and where you want to gather and what you are going to say or read to lead your family. Know how you'll pass these elements out to your family.

Also, prepare the atmosphere. Communion can be a reflective time, but it can also feel celebratory. Communion may need a little explanation—don't expect everyone to know what to do. Communion is meant to be personal, yet a shared experience. If it works for your family, you may want to sing a hymn or worship song together throughout.

2. Pause.

A big part of communion is remembering and reflection. Remember the sacrifice and promise that Jesus has made. Internally evaluate your child's understanding of their salvation. Younger children who may not be of age can still participate by exploring with you. Modeling is the best example.

You may want to read a Scripture passage—here are some ideas:

Psalm 22, Isaiah 53, Mark 15:21-29, John 19, 1 Corinthians 15:1-8, Galatians 2:16-21, Ephesians 2:1-10, Philippians 2:1-11

Communion should also involve personal reflection. It's a time to examine our relationship with the Lord and with others. This is an opportune time to be a safe and listening ear for your children. If they don't want to share, that okay, too.

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3. Partake.

Give instructions to your family on what to do and when. Following the example in Scripture, we eat the bread, followed by the cup. Feel free to offer prayers or praise in between. Perhaps as you do this together regularly, children can take turns leading this part.

4. Pray.

Thank God for what he has done and his promises to us with prayers of gratefulness, joy, and hope. It's great to pray individually, but there is something special about leading a prayer out loud. Also, feel free to gather around people in your family with needs and lift those up in prayer together! Communion should lead to praise. Jesus has made a way for us to receive forgiveness and life! Often communion is a joyous celebration—a fun reminder of our great God. We don't have communion because of obligation. We have communion as a promise that Jesus has made.

Be encouraged; there is nothing about this that has to be perfect. The most valuable element you are establishing and modeling is coming together to remember Christ. Do this often. Allow your kids to experience and practice with you. Figure out what this looks and feels like together. His presence and power will fill your home as you do!

