

The Lord's Supper

A Guide for Parents



How do I know if my children are ready?

The decision to allow your child to take The Lord's Supper is very serious and should not be taken lightly. 1 Cor. 11:29–30 warns that one who takes it casually “eats and drinks judgment on himself.” You should ask yourself:

1. Do my children understand and believe the Gospel of Jesus Christ and have they been baptized?

Do your children understand their sin? Why Jesus died for them? That they did not and cannot earn their salvation? Is their only hope in what Jesus did for them? Have they publicly demonstrated their profession of faith by being baptized?

2. Do my children demonstrate a genuine walk with Christ?

Can you discern a changed heart in your children? Is the Gospel mere facts in their heads or is it a life-changing message that has changed who they are? Of course, you cannot look for perfection! But, you should be able to see sensitivity toward sin, a heart that sees its need for Jesus, and a desire to grow to know Him more.

3. Do my children want to take it for the right reasons?

Kids have many reasons they want to take The Lord's Supper. Does your child think it will be fun? Does he think God will love him more if he does? Is he afraid of being left out? You will know they are ready if the only reason is their desire to worship Jesus and remember what He did for them.

How can I prepare my child to one day participate?

Your role is vital in preparing your child to one day participate in this very important ordinance of the church. Here are three ways you can begin:

1. Pray. Pray for discernment as to the right time and for your child's salvation.
2. Demonstrate. Bring your child to worship to demonstrate your faith. Let them see you partake of the supper.
3. Talk. Talk to them about Jesus and The Lord's Supper. Use this guide as a resource.

Here is a some information to guide you in talking to your kids.

What is The Lord's Supper?

Hours before Jesus died on the cross, He sat down with His disciples to celebrate what was called the “Passover Meal.” This meal celebrated the time when God “passed over” the Hebrews in Egypt who put the blood of a lamb over their doorposts. You can read about this in Exodus 12.

While Jesus was eating this Passover meal with His disciples, He took the bread and the wine on the table and told them that every time they ate the bread, it should remind them of His body that was about to be crucified on the cross and every time they drank the wine, it should remind them of His blood that would be poured out for their sins.

We call it an ordinance of the church, which simply means Jesus did this and told us to keep doing it until He returns.

In our church, we distribute a small wafer of bread and a cup of grape juice, which we will take as the Pastor instructs, remembering Jesus' sacrifice on the cross.

Who can take The Lord's Supper?

The Bible is very clear that The Lord's Supper is only for true believers in Jesus Christ. If you have not put your faith in Jesus Christ and been baptized, you should wait. There is no need to rush. You do not need to feel left out. It is much more important to obey God and His Word.

If you would like someone from Oak Grove to talk to your child(ren) about the Lord's Supper, please feel free to contact us.