

REFLECTION QUESTIONS FOR PARENTS

When did you first take Holy Communion?

When did you have a special experience with Holy Communion?

What meaning did Holy Communion have for you when you were young?

Why is Holy Communion important for you today?

What other faiths have you practiced Holy Communion in?

*Reflect on these questions
and discuss them with your
children as you begin to talk
about Holy Communion in the
United Methodist Church.*

*Communion binds us to Christ
and to all believers.*

BAKE-BLESS-BREAK

We invite you to bake bread as a family. Bring it to church to be blessed by the pastors and take it home to share Holy Communion at home!

Ingredients:

- 3/4 cup warm water
- 1 package active dry yeast
- 1 tsp salt
- 1-1/2 tbsp. sugar
- 1 tbsp. vegetable shortening
- 1/2 cup milk
- 3 cups all-purpose flour

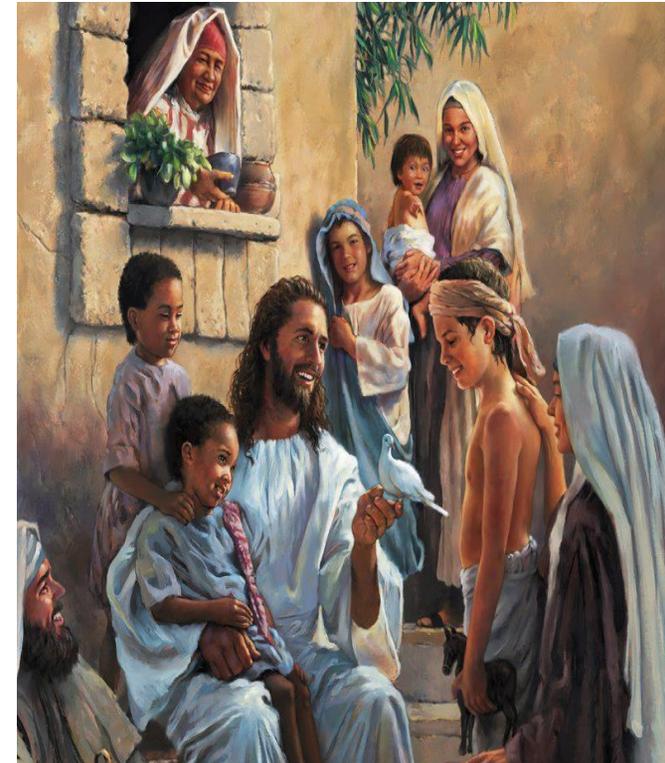
Preparation:

In large bowl, add the warm water. Slowly stir in dry yeast. Continue to stir until yeast is dissolved. Add salt, sugar, shortening, and milk to bowl. Stir. Mix in the first 2 cups of flour. If needed, begin adding more flour sprinkles until the dough chases the spoon around the bowl. Turn dough out onto floured board and knead, adding sprinkles of flour as needed, until the dough is soft and smooth, not sticky to the touch. Put dough in buttered bowl, turn dough over so that the top of dough is greased. Cover and let rise in warm spot for 1 hour. Punch down dough. Turn out onto floured board and knead. Preheat oven at 375 degrees F. Form dough into loaf and set in buttered bread pan. Cover and let rise for about 30 minutes. Score dough by cutting three slashes across the top with a sharp knife. Put in oven and bake for about 45 minutes or until golden brown.

HOLY COMMUNION Information for Families

Let the little children be, and do not hinder them from coming to me, for of such is the Kingdom of Heaven.

Matthew 19:14



United Methodist Beliefs



In the United Methodist Church children are welcome to receive communion. It is up to parents to decide when their child should begin receiving communion.

The United Methodist Book of Worship explains,

“All who intend to lead a Christian life together with their children, are invited to receive the bread and cup.”

“Because the table at which we gather belongs to the Lord, it should be open to all who respond to Christ’s love, regardless of age or church membership.”

Scripture References

Acceptance of Children

Luke 18:15-17

“People were bringing even infants to him that he might touch them; and when the disciples saw it, they sternly ordered them not to do it! But Jesus called for them and said, ‘Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.’”

Last Supper

Matthew 26:17-30

Mark 14:12-26

Luke 22:7-20

1 Corinthians 11:23-26

INTRODUCING YOUNG CHILDREN TO COMMUNION

*Explain that communion is a time when we specially remember Jesus. To do this we share a meal together like the meal that Jesus shared with his disciples (Last Supper).

*Discuss the following about the Last Supper:

At the meal, Jesus took the bread and broke it and said to his disciples, “This is my body broken for you”. This sounded strange because they didn’t know yet that Jesus’ body would be broken on the cross the next day. At the supper he also picked up the cup and said, “This is my blood which is for the forgiveness of sins.”

We eat the bread and juice to remember our sins are forgiven because of his bloody death on the cross. But Jesus didn’t stay dead. He rose from the dead! Another reason we take communion is to remind us of his victory over death.

*Explain how Communion is a way of telling Jesus that we love him and we want to obediently follow him.

*Explain the procedure for taking Communion at church and discuss the importance for reverence and reflection.