



# Learn About Communion



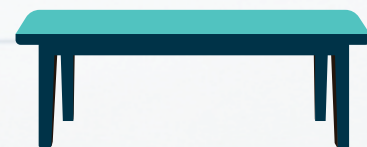
## 1. What is a Sacrament?

A sacrament is something Jesus gave us to do. It uses simple things—like water, bread, and grape juice—to show us what God is doing in our lives. They are special signs of God's love and grace.

## 2. What is Communion?

Communion (the Lord's Supper) is one of those sacraments.

- The bread reminds us of Jesus' body, given for us.
  - The cup reminds us of His blood, poured out for forgiveness.
- It helps us remember Jesus' life, death, resurrection, and that He is coming again.



## 3. Who Can Take Communion?

Everyone who trusts in Jesus and loves others is welcome at the Table. Kids are welcome too—with parents and pastors helping them understand. Sometimes people even take their first step of faith by saying "yes" to Jesus at Communion.

## 4. Why Does it Matter?

Communion is more than a symbol—Jesus is really with us by His Spirit. It helps us grow stronger in faith, reminds us that we belong to God's family, and fills us with hope until He comes again.



## 5. How Do We Get Ready?

- Trust Jesus again—remember His sacrifice.
- Say sorry for sin and receive His forgiveness.
- Give thanks for His love and for the Church.

## Parent Tip: Ask your child:

"Why bread?" → Because Jesus gave His body.

"Why cup?" → Because Jesus gave His blood.

"What does it mean?" → Jesus forgives us, makes us holy, and gives us new life.