

The background is a watercolor illustration. The top half shows a bright yellow and orange sky with soft, wispy clouds. Faint rays of light emanate from behind the clouds, creating a sunburst effect. The bottom half shows a calm ocean with gentle, rolling waves in various shades of blue and teal. The overall style is soft and artistic.

FAMILY GUIDE

Baptism & Communion

park hill kids

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A Note to Parents

While Jesus was on earth, he gave the following two practices as gifts to his church: Baptism and Communion

“And this water symbolizes baptism that now saves you also – not the removal of dirt from the body but the pledge of a clear conscience toward God. It saves you by the resurrection of Jesus Christ” - 1 Peter 3:21

“While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, ‘Take and eat; this is my body.’ Then he took a cup, and when he had given thanks, he gave it to them, saying, ‘Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.’”
- Matthew 26:26-28

Most Christians throughout history believe Baptism and Communion are sacraments. Put simply, sacraments are physical realities through which God makes his grace more tangibly present with creation. Just as preaching makes the gospel audible through words, Baptism and Communion make the gospel tangible through water, bread, and wine.

“A sacrament is an outward and visible sign of an inward and spiritual grace.” - St. Augustine, Bishop of Hippo (354-430 AD)

This guide will seek to briefly answer the following questions:

1. What is the Gospel?
2. What is Baptism?
3. What is Communion?

We suggest you read the guide together as a family. Go at your own pace. Allow space for your child to think and ask questions. Don't limit yourself to what's included in these pages - tell stories from your own life, answer questions and make it fun. Remember, these are some of the most important conversations you will have with your child. Creating a safe space where they can begin to understand the truth about God and what it means to be in his family, is time very well spent.

Items you'll need:

1. Bible
 2. The Jesus Storybook Bible by Sally Lloyd-Jones
- (If you don't have a physical copy, feel free to watch the [YouTube Videos](#))

What is the Gospel?

The word gospel means “good news.” Before we even begin to discuss Baptism or Communion it’s important to know who Jesus is and what he has done for you.

At the very beginning of the Bible we read about the beautiful world God created. Everything was good and right and it pleased God very much.

[Read “The Beginning: A Perfect Home” from The Jesus Storybook Bible or watch the YouTube video.](#)

God created a good world and a very good friendship with Adam and Eve. God gave Adam and Eve very specific instructions and asked them to trust him. But they didn’t, did they?

Read Romans 5:12

Adam and Eve’s sin created a separation between God and his creation. Ever since that day sin has passed from human to human. Now, every person is affected by sin, prone to sin, and sin happens all around us.

Read Ecclesiastes 7:20

God saw that the world was dark and broken. He saw that every single person would be born into sin. This made him very sad because he wanted a good and beautiful relationship with his creation. So he sent his perfect Son who had never known sin to fix the broken world and mend his relationship with the people he'd made. And now, Jesus shows us the way to live!

Read 2 Corinthians 5:21, Colossians 1:13-14

Remember the “good news” we talked about in the beginning? The truth of the gospel is that Jesus conquered sin and death and now invites us to follow him as members of his family. But how do we accept that invitation?

Read Acts 3:19-20

Repentance is a fancy word that describes how we receive God's forgiveness and accept the invitation to be in his family. To repent is to:

1. Admit (or confess) your sin
2. Turn away from that sin
3. Turn back to God

Every time we sin, we turn away from God and choose our own way. This is why repentance requires more than just telling God we're sorry - we must choose to turn away from our sin and turn back to God. Every time we repent, God is there to welcome us back into his loving and safe embrace.

Read 1 John 2:1-2

This is where Baptism comes in!

What is Baptism?

What is Baptism?

We can think about Baptism in two ways - a wedding ceremony or an adoption.

1. A wedding ceremony is what begins a marriage. Baptism is a type of ceremony from Jesus that begins our life in God and his church!

2. It's also like a child getting adopted into their forever family. It is a celebration that shows someone has been forgiven, welcomed into God's family, and is beginning their new life in Jesus.

The point is, it marks the beginning of something that lasts forever and it's free for all people. No matter when a person is baptized, the important thing to remember is that being invited into God's family is a gift. No one can do anything to save themselves from sin, only Jesus makes it possible for us to be free from sin's power.

Read Ephesians 2:8-9

Baptism is important because Jesus commands it. In fact, Baptism is so important that while Jesus was on earth, he was baptized. And before Jesus left his disciples, he told

them to baptize people.

Read Matthew 28:19

Being baptized in water is an act of obedience for all of God's children. Going under the water shows that our old self, that had no power over sin, has died. Coming up from the water declares that we have been raised with Jesus - no longer stuck in sin's powerful hold.

Read Colossians 2:12

God also promises to give the Holy Spirit to new members of his family when they're baptized.

Read Acts 2:38

The Holy Spirit is our helper - he gives all of God's children power to do the things we can't do on our own. With the help of the Spirit we can be with Jesus, become like Jesus, and do the things Jesus did.

Be with Jesus: The Holy Spirit helps us see how good Jesus is and reminds us of our place in God's family! The joy we experience as members of God's family is rooted in knowing that we are never alone.

Become like Jesus: The Holy Spirit helps transform us into people who think and act like Jesus. Every time we worship, pray, serve, and give, we continue being formed by God into people that are just like him.

Do what Jesus did: The Holy Spirit helps us bring God's light into dark places just like Jesus did. We show people what Jesus is like when we do acts of justice and give generously to others, especially the poor and hurting.

Once we are baptized into God's family, we get to eat and drink the communion meal of Jesus together as often as possible!

What is Communion?

What is Communion?

Christians have a very special meal that we eat together. You may hear people call it Holy Communion, the Eucharist, the Lord's Supper or occasionally just the Bread & Cup. All of these names refer to the same thing, the special meal for all of God's family.

But how did this tradition of eating a family meal together even start?

God rescued his people from slavery in Egypt. While they were in the desert, he continued rescuing them by providing food and water and helping them defeat their enemies. Even though God protected his people and gave them food and water, he knew they still needed to be rescued from something much deeper – sin.

For many many generations, God had been telling his people that he would rescue them from the sin that entered the world when Adam & Eve disobeyed. He told them that he would heal the broken world and mend the relationship with his people. One day, as Jesus and his disciples sat down to eat the meal that reminded them of this promise, Jesus shocked his disciples by telling them that he was the one they had been waiting for – the one who would rescue the world from the power of sin.

[Read “The Servant King” from The Jesus Storybook Bible](#)
[or watch the YouTube video](#)

Since then, Christians everywhere gather around the table to remember Jesus and the mysterious words he spoke to his disciples. Jesus’ body is the bread or wafer. His blood is the wine or grape juice. When we come together for this meal, we remember that Jesus died and took the punishment for our sin. We remember that his death and resurrection made a way for us to join God’s family.

Read 1 Corinthians 11:23-26

We can trust Jesus when he tells us he is everything we need. Unlike Baptism which is only needed once, we’re supposed to eat and drink Communion often. In the same way our bodies receive strength by eating food and drinking water, our soul receives strength by eating and drinking Holy Communion.

Read John 6:35

Communion is a beautiful, holy and mysterious gift. As we gather with the family of God to eat and drink this meal, the Holy Spirit (our helper) is present working within us. By

eating the meal together by faith, we are assured that God is with us and that he loves us. Every time we eat, we receive his grace, we declare that we are part of God's family, and we look forward with hope to the day when Jesus will return and bring us home to eat and drink in God's Holy Kingdom (Luke 13:29).

