



CHRIST
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FAQ: KIDS AND COMMUNION

How do I decide when my child is ready to come to the Lord's Table?

The criteria for coming to the Lord's Table is the same for all of us, adult and child alike. We must all recognize that we have a problem with sin and trust Christ as the only answer to that problem. We give public confession to that faith in Jesus through baptism. Because communion requires a basic understanding of the Gospel before receiving it, children meet with one or two elders of the church in the presence of their parent(s) to offer an age-appropriate profession of that faith. This includes a basic understanding who Jesus is, what sin is, Jesus death and resurrection, and the purpose of communion.

What are some helpful questions to ask my child to see if they are at this point?

About their relationship to Christ: What is sin? Do you sin? How do you feel about your sin? Why is sin a problem? Who is the only one that can take care of your sin problem (forgive your sins)? Do you believe that Jesus has taken care of your sins? How does that make you feel?

About communion: Why do you want to receive communion? What is the bread 'saying'? What is the wine 'saying'? Is this a snack or food for your soul?

What are some behavioral markers that my child might be ready?

Your child acknowledges God's presence in their life through expressions of thankfulness, awe, and even regret over sin. They take an active interest in learning what pleases God and they desire to do it. They wish to seek God's forgiveness when they sin.

In the end, hearts are known to God alone, and the confession of faith and desire for communion are the primary indicators that a child should move forward with communion.



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What do they need to understand about communion before coming to the Lord's Table?

Four basic concepts are helpful for a child to understand before coming to the Table. First, that the wine represents Christ's blood shed for us. Secondly, that the bread represents his body, broken for us. Thirdly, that by the bread and wine we commune in the body and blood of Christ as true spiritual nourishment; this is a spiritual meal and so coming to the Table with authentic faith is a necessity. And finally, that we come to the table looking back to Jesus' death on the cross and resurrection from the dead because his sacrifice has taken away our sin, and looking forward because we will live together with him for all eternity.

What do I need to do if I think my child is ready to come to the Lord's Table?

Contact C3 Kids (kayla.stanfield@christcommunity.org) and we will provide you with a book to help prepare your child for the communion table and we will help to arrange a meeting for you and your child with one of the elders. They will have a discussion with your child that includes the types of questions listed above. If your child has not been baptized, we will help you to arrange baptism following their meeting with an elder.

What happens after my child meets with an elder and is baptized?

After the interview, at which the parents are present of course, the elder(s) place the name of the child before the entire Session for formal enrollment as a communing member of the church. Our baptized children are already members of the church, but communing membership means that they have now professed faith and take a more active responsible role as followers of Jesus and members of his body. Per our bylaws, communing members age 16 and over may also participate in congregational voting. We set aside time in service several times a year to receive new members. Your child will be invited to participate in the next scheduled reception of new members.



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C3 Kids will mark this special day by presenting your child with a Bible. We encourage you to also mark this day as a family—perhaps with a special meal or a gathering of friends and family.

Who can I contact with additional questions?

For questions regarding children in elementary and below, please contact any C3 Kids staff member. Mary Riden (mary.riden@christcommunity.org) can help you make that contact.

For questions regarding students in Jr. High and above, please contact any C3 Students staff member. Michelle Jackson (michelle.jackson@christcommunity.org) can help you make that contact.