

Why do we eat bread and drink juice in church?



Have you ever forgotten something?

Before Jesus died on the cross, he gave the disciples a way for them to remember what he did for them (and for us).

"The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."

1 Corinthians 11:23-26



What did Jesus want us to remember?

Jesus died for us all! The Bible says that because of all the bad things we've done (our sin), the punishment should be death (Romans 6:23). But Jesus took the punishment for us by dying on the cross. Now, if we believe that Jesus died for us and rose again, and if we ask God to forgive our sins and to make us clean inside, we can know that someday we will be in heaven with Jesus!

Why do we eat bread at communion?

Jesus said that the bread was to remind us of his body. When Jesus was crucified, they hurt his body in many ways. Just like the bread being broken apart, we remember that Jesus body was hurt and broken for us.

Why do we have grape juice?

Jesus said the juice is supposed to remind us that when Jesus was being crucified, his blood came out from all the places where they were hurting him. Have you ever had a cut or scrape that was bleeding? Jesus had many bad cuts and scrapes. We're not having Jesus' blood when we take communion, but it's what Jesus used to help us remember the blood that he shed so that we can be forgiven.

When can I take communion at church?

This is something for you to decide with your parents. Here are some questions that can help you and your parents decide if you're ready for communion:

- Do you believe Jesus died on the cross for your sins? Have you asked him to forgive you?
- Do you understand that having communion is not just having a snack?
- Have you and your mom or dad looked at what the Bible says about communion (Mt 26, Mk 14, Lk 22, 1 Cor 11)?
- Do you understand that communion is something special we do with our church or with our family?