**Teaching Children About Communion:**

**A Simple and Powerful Lesson**

**What you need:**

* \*A store bought loaf of uncut bread still in its wrapper.
* Grape juice (or wine if your church uses wine) still in its original bottle.
* A Communion cup and plate with white cloth over each.
* Glue
* Construction or card stock paper hearts (enough hat each child can have one plus a few extra for the cup).

(\*) The bread needs prepared as described below and returned to its original wrapper.

**Preparing for the Lesson:**

* **Preparing the Bread**
  + Take the loaf of uncut bread and cut a hole in the bottom large enough to reach inside and to hollow the bread out.
  + After the bread is hollowed out, place the paper hearts inside.
  + Glue the bottom of the bread back on to cover the hole you cut out and let it dry.
  + Return the bread to the original packaging as if it was never opened.
* **Preparing the Cup**
  + Place the extra hearts in the communion cup and place a white cloth over it.

**The Lesson:**

* Tell the children that you are going to teach them about communion today.
* Read or tell the story of the last supper and explain to them how we still do as Jesus asked us to do. And we call this: Holy Communion, Communion or the Eucharist.
* Then show them the bread and juice and say: *“It all begins with regular bread and regular juice or wine. See, I bought these at a store… nothing special about them. I can pass it around and you can see them.*”
* After the kids pass it around, say: *“But when this regular bread and regular juice are blessed, they change and they become holy. They are not regular anymore.”*
* Place the bread on the plate and cover it with the white cloth.
* Show them the cup and place the white cloth on it. Do not let them see the hearts inside.
* Then say, *“The pastor says a prayer called the Great Thanksgiving and retells the story of the last supper and of all the wonderful things God has done for us and during this prayer, the regular bread and regular juice become holy. And they are not bread and juice anymore.”*
* Then take the bread and break it. As you do, the hearts will fall out and as they do, say: “*The bread becomes the love of Christ given to you!”*
* Then take the cup and pull a heart from it and say: “*And the juice becomes love as well!”*
* Say, *“Communion is when the bread and wine become the love of God, Christ and the Holy Spirit. So we are not eating bread and drinking juice, we are eating and tasting love! And that love will never leave you. Communion helps you remember Jesus and his great love!”*
* Then invite each child to come forward and give them a heart saying: *“You are loved more than you know! And that love will never leave you! You are a blessing!”*

\*\*Feel free to change any wording etc, to fit your ministry and your congregations theology. \*\*