



Jesus loved everyone, especially children. He told adults that they should have faith like a child! Because of the love Jesus has for us, we are supposed to love all people.

During the quiet time of Communion, we can think about the love Jesus has for all of us and how we can show love to others.

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Learning About Communion



Jesus had a meal with his disciples on the night he was arrested. He gave thanks for the bread and the cup of wine and shared it with his friends. We remember this meal by having Communion. This is also sometimes called The Lord's Supper.

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At Communion we eat bread and drink grape juice just as the disciples did with Jesus. These are signs to remind us of the great sacrifice Jesus made for us by dying on the cross and being resurrected so our sins can be forgiven. All Christians are brought together by celebrating Communion.



Communion is supposed to be a joyful feast because it reminds us of the forgiveness of God and the grace of Jesus. Jesus told the disciples they were his friends so they should love each other as he loved them. During the quiet time of Communion we can pray for peace for the world.