

FAMILY COMMUNION

Sharing in a time of Family Communion can be a special time of family bonding and spiritual growth. Jesus invites communities of faith to come together for this significant event, to remember both his death and the new covenant he has made with us. May your family become a strong faith community as you participate together!

Before beginning, please note:



- This is an activity that should be done only with those family members who are believers and who clearly recognize the significance and seriousness of this event. Having Family Communion with very young children or children who are admittedly not following Christ—and asking them not to participate—can be confusing and upsetting for everyone. Often, it works well to wait for the right time, when only those who can and should participate are together.
- Having said that, those who are able to participate may always choose to pass, and not participate, if they feel they aren't in the right frame of mind to do it "in a way that is worthy of Christ."
- Have the communion elements ready: grape juice and crackers or bread.
- Have the entire family wait to eat and drink together.

Give your family members an opportunity to quietly examine or "judge" themselves. As you lead, you could say something like:

Let's pray. I'll pray some different things out loud, and then give all of us some time to talk to God about ourselves silently/quietly in our heads/private. Father God, thank You for loving us, even though we're sinners. I know You know, but I want to tell you about some wrong things that I've done. (Pause long enough to pray silently.)

God, I also want to ask You, "Have I done anything, Lord, that has offended You/hurt Your heart/made You sad)?" Say to your child(ren): ***If anything comes to mind, just admit/tell it to God and ask him to forgive You.*** (Pause, so that everyone has a moment to confess anything that comes to mind.)

God, is there anyone I've hurt, that I need to go to, to make things right?

Say to your child(ren): ***If anyone comes to mind, admit it to God and ask Him to forgive you. If that person is in the room, stop and ask that person to forgive you, and repair that relationship while you can!*** (Pause long enough to confess anything that comes to mind, and to allow family members to talk with each other if necessary. If as a parent you feel you need to confess or repair a relationship, don't hesitate to model how to reconcile!)

Please turn over

God, I thank you for sending your Son to suffer and die for me, and I say again that I want to follow you for the rest of my life. In Jesus' name.

Then read the following Bible passage, and eat and drink together.

From 1 Corinthians 11:23-25: On the night the Lord Jesus was handed over to his enemies, he took bread. When he had given thanks, he broke it. He said, "This is my body. It is given for you. Every time you eat it, do it in memory of me." In the same way, after supper he took the cup. He said, "This cup is the new covenant in my blood. Every time you drink it, do it in memory of me."

Worship (give all attention to God) together. (Sing—with or without music!—pray, sit silently, read a favourite responsive/choral reading/psalm of praise etc.) Pray together about family concerns, and ask for God's blessing on your family.