



FAMILY RHYTHMS: COMMUNION

Communion is a beautiful rhythm for the family to unify around Jesus. As we take communion, we choose to remember Jesus and what He accomplished on the cross through the sacrifice of His body and His blood. Communion is an act of faith that reminds us that we have received His love and get to enjoy His presence forever! Below is a guided example that shows one way you can lead your family through a time of taking communion together.

NOTE: For this example, you will need one adult to facilitate and lead your family.

CHOOSE A LENS

There is so much Jesus' sacrifice on the cross accomplished! A helpful way to invite your children to grasp these realities is by choosing ONE lens or focus to meditate on together before you begin

***Tonight's Lens:** Jesus gave His body and sacrificed His blood for our sins so we could come close in relationship with Him!*

SET THE TONE

We can turn our attention to the Lord during this time by slowing our bodies and quieting our voices. It might take practice, but find creative ways to cue this change of tone in your home as a family.

***Examples:** Examples: instrumental music, dimming the lights*

SERVE THE ELEMENTS

The facilitator takes time to serve each member of your family as they take a piece of the bread and dip the bread lightly into the juice. Each person should carefully hold their piece as the facilitator leads the following.

READ A PASSAGE

The facilitator can read one scripture passage that aligns with the lens your family is meditating on.

***Tonight's Passage:** "For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit." - 1 Peter 2:18*



VISUALIZE

The facilitator leads the following visualization activation.

Facilitator: "Tonight as we take communion, we remember that Jesus gave His body and sacrificed His blood for our sins so we could come into close relationship with Him! He made a way to 'bring us to God' just like the passage said. Before Jesus, our sin kept us far from God, but because of Jesus' sacrifice, we don't have to be far from God anymore - we can be CLOSE!"

"Let's close our eyes and imagine together."

"First, let's all imagine what it might feel like to be far from God. What would that look like to be separated from Him? What might that feel like?"

Give a short time to quietly visualize.

"Now, let's use our imaginations to picture what is true because of Jesus' sacrifice for us. Let's imagine being so close to Him! What does that look like? What does it make you feel to be so close to Him?"

PRAYER

With eyes still closed, the facilitator leads a simple "repeat after me" prayer. The facilitator should pray each phrase and allow the rest of the family to repeat:

"Jesus, thank you for the sacrifice of your body and your blood."

"Because of your sacrifice, we get to enjoy being with you."

"Now, we never have to be far away from you."

"We love to enjoy your presence."

"We take and eat this bread in remembrance of you."

Take the elements as a family.

"Amen!"

DISCUSS + SHARE

As you wrap up this time together as a family, take some time to reflect and share what you were imagining / visualizing during this time. Allow the Holy Spirit to guide your conversation as a family.

