



COMMUNION CONVERSATION GUIDE FOR FAMILIES

COMMUNION IS FOR THE JESUS FOLLOWERS IN YOUR FAMILY

What to do:

- First, get a piece of bread and a little bit of juice. Explain when we eat the bread we remember that Jesus' body was broken for us. When we drink the juice we remember the promise that we have been set free from all sin through Jesus' shed blood.
- Secondly, teach them to look inside of their own heart before taking communion. Encourage them to talk about their sin or anything that is getting in the way of their relationship with Jesus. Take a moment to pray for forgiveness and say thank you to Jesus for His sacrifice and all He has done for you.
- Lastly, eat the bread and drink the juice. Tell them communion is a special part of both their worship and relationship with Jesus.

Follow Up

Questions:

- Do you remember why we take communion?
- Did you hear any words that were confusing?
- What are you curious about relating to this?

Tips:

- Read Matthew 26 to help prepare you for the conversation.
- Don't stress. It's OK if you can't answer every single question – just say that you will look into it.
- Be patient. Kids are kids. There's no pressure for this moment to be perfect.



NAAN BREAD RECIPE

TRY MAKING COMMUNION BREAD WITH
YOUR CHILD

INGREDIENTS:

- 2 tsp dry active yeast
- 1 tsp sugar
- 1/2 cup water
- 2 1/2-3 cups flour, divided
- 1/2 tsp salt
- 1/4 cup olive oil
- 1/3 cup plain yogurt
- 1 large egg

INSTRUCTIONS:

- In a small bowl, combine the yeast, sugar and water. Stir to dissolve then let sit until it is frothy on top. Once frothy, whisk in the oil, yogurt, and egg until evenly combined.
- In a separate medium bowl, combine 1 cup of the flour with the salt.
- Next, pour the bowl of wet ingredients to the flour/salt mixture and stir until well combined. Continue adding flour, a half cup at a time, until you can no longer stir it with a spoon. At that point, turn the ball of dough out onto a lightly floured surface and knead for about 3 minutes, adding small amounts of flour as necessary to keep the dough from sticking.
- You'll end up using between 2.5 to 3 cups flour total. The dough should be smooth and very soft but not sticky. Avoid adding excessive amounts of flour as you knead, as this can make the dough too dry and stiff.
- Loosely cover the dough and let it rise until double in size (about 1 hour).
- After it rises, gently flatten the dough into a disc and cut it into 8 equal pieces. Shape each piece into a small ball. Heat a large, heavy bottomed skillet over medium heat.
- Working with one ball at a time, roll it out until it is about 1/4 inch thick or approximately 6 inches in diameter. Place the rolled out dough onto the hot skillet and cook until the bottom is golden brown and large bubbles have formed on the surface.
- Flip the dough and cook the other side until golden brown as well. Stack the cooked flat bread on a plate and cover with a towel.