



LUMBER·CITY
CHURCH

Communion Information Packet

Preparing for Communion: A Guide for Parents & New Believers

What is Communion?

Communion (also called the Lord's Supper) is a sacred time when we remember Jesus' sacrifice on the cross. Jesus told His followers:

“Do this in remembrance of me.” – *Luke 22:19*

The bread represents Jesus' body, broken for us.

The cup represents His blood, shed for the forgiveness of sins.

Communion is for **believers**—those who have put their faith in Jesus. It is not just a ritual, but a personal and communal act of worship.

1. How Do I Prepare for Communion?

Before taking communion, the Bible tells us to **examine ourselves**:

“Everyone ought to examine themselves before they eat of the bread and drink from the cup.” – *1 Corinthians 11:28*

What does this mean?

Ask yourself these **four questions**:

1. **Am I trusting in Jesus for my salvation?**
 - Communion is a time to reaffirm your faith in Christ's sacrifice.
 2. **Is there sin in my life that I need to confess?**
 - Take a moment to repent and receive God's forgiveness.
 3. **Am I holding unforgiveness toward someone?**
 - Jesus calls us to forgive others as He forgives us (Matthew 6:14-15).
 4. **Am I taking this seriously?**
 - Communion is not a casual snack—it's a holy moment to remember Jesus.
-

2. Can My Child Take Communion?

At **Lumber City Church**, we encourage parents to **guide their children** in understanding communion.

A child is ready for communion if they:

- ✓ Understand that Jesus died for their sins.
- ✓ Have personally placed their faith in Jesus.
- ✓ Can express, in their own words, why communion is important.

Children **do not have to be baptized first** to take communion. However, baptism is an important step of obedience, and we encourage children to pursue it when they are ready.

Parents, you are the primary spiritual leaders of your home. We trust you to decide when your child is ready for communion.

3. What If I Don't Feel Worthy to Take Communion?

Communion is not for **perfect people**—it is for forgiven people!
If you feel unworthy, remember:

“If we confess our sins, He is faithful and just and will forgive us.” – 1 John 1:9

The purpose of examining yourself is **not to exclude yourself, but to approach God with humility**. If you are a believer in Jesus, **you are invited to the table**.

4. What Should I Do During Communion?

1. **Pause & Reflect** – Take a moment to pray and examine your heart.
2. **Remember Jesus' Sacrifice** – Think about what He did for you on the cross.
3. **Take the Bread & Cup** – Eat and drink in faith, thanking Jesus.
4. **Worship & Give Thanks** – Communion is a time of gratitude and worship.

“For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes.” – 1 Corinthians 11:26

Final Encouragement

Communion is a beautiful and powerful moment in our faith. Whether you are taking it for the first time or the hundredth time, approach it with **faith, gratitude, and reverence**.

If you have questions or would like to talk more about baptism and communion, our pastors and leaders are here for you!