

# How do I know if my child is ready to receive Holy Communion?

Important cues that may indicate readiness are your child showing signs of feeling excluded and asking questions about Communion. Martin Luther said that what is required is a “believing” and “trusting” heart that the sacrament is “for you” and for “the forgiveness of sins.” Children can often be more believing and trusting than adults. The decision regarding your child’s First Communion readiness will be left up to each family and is best determined by you. All children will not be ready at the same time. Each child is different, and each will pick up on the significance of the meal at a different time.

**Use these questions to generate discussion and help determine if your child is ready to receive the sacrament and the gifts it brings:**

- **Has my child been baptized? *If your child has not yet been baptized, please contact the church office to set up a conversation with one of the pastors, as preparing for baptism would be a first step toward sharing in Holy Communion.***
- **Is my child aware of others in the congregation and able to show respect and reverence for their communion experience?**
- **Am I prepared to help make my child’s process of learning about Holy Communion positive and embrace the lead role in my child’s faith development?**
- **How might receiving Holy Communion enhance and grow my child’s relationship with Christ and the church at this particular time in his or her life?**

If you determine your child is not ready at this time, your child will continue to be welcome to approach the altar for a blessing during communion. If you’re just not sure, please feel free to reach out to one of the Pastors or Children’s Ministry Director Robin Patras for additional conversation.

If you determine your child is ready to receive the sacrament of Holy Communion, begin having conversations at home and register your child online for the First Communion Faith Milestone. The registration form is located in the Children’s Ministry section of the church website.