



Holy Communion during Lent

Greeting

Welcome in the name of Christ. God's grace, mercy and peace be with you
and also with you.

We pray together:

Faithful one, whose word is life: come with saving power to free our praise, inspire our prayer and shape our lives for the kingdom of your Son, Jesus Christ our Lord. Amen.

Confession

These or other words may be used.

Our selfishness betrays you: Lord forgive us.

We fail to share the pain of your suffering: Lord forgive us.

We run away from those who mock you: Lord forgive us.

Christ have mercy.

Christ have mercy.

Christ have mercy.

Silence for personal reflection

Absolution

The Collect

Bible Reading

At the end:

This is the word of the Lord. **Thanks be to God.**

The Gospel

Hear the Gospel of the Lord Jesus Christ according to *N.* **Glory to you, O Lord.**

At the end:

This is the Gospel of the Lord. **Praise to you, O Christ.**

Sermon/Reflection

Creed

**Though he was divine, he did not cling to equality with God,
but made himself nothing.**

Taking the form of a slave, he was born in human likeness.

He humbled himself and was obedient to death, even the death of the cross.

Therefore God has raised him on high, and given him the name above every name:

that at the name of Jesus every knee should bow,

and every voice proclaim that Jesus Christ is Lord,

to the glory of God the Father. Amen

Prayers of Intercession

At the end: Merciful Father,

Accept these prayers, for the sake of your Son, our Saviour Jesus Christ. Amen.

The Peace

We greet each other with words of Peace.

The Eucharistic Prayer

The Lord is here.

His Spirit is with us.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

Blessed are you, Lord God, our light and our salvation; to you be glory and praise for ever.

From the beginning you have created all things

and all your works echo the silent music of your praise.

In the fullness of time you made us in your image, the crown of all creation.

You give us breath and speech, that with angels and archangels and all the powers of heaven we may find a voice to sing your praise:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.**

How wonderful the work of your hands, O Lord.

As a mother tenderly gathers her children, you embraced a people as your own.

When they turned away and rebelled, your love remained steadfast.

From them you raised up Jesus our Saviour, born of Mary, to be the living bread,

in whom all our hungers are satisfied. He offered his life for sinners, and with a love stronger than death he opened wide his arms on the cross.

On the night before he died,

he came to supper with his friends and, taking bread, he gave you thanks.

He broke it and gave it to them, saying: Take, eat; this is my body which is given for you; do this in remembrance of me.

At the end of supper, taking the cup of wine, he gave you thanks, and said:

Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins.

Do this, as often as you drink it, in remembrance of me.

Christ is the bread of life:

**When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus, until you come in glory.**

Father, we plead with confidence his sacrifice made once for all upon the cross; we remember his dying and rising in glory, and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit as we bring before you these gifts of your creation; may they be for us the body and blood of your dear Son.

As we eat and drink these holy things in your presence, form us in the likeness of Christ, and build us into a living temple to your glory.

Bring us at the last with all the saints to the vision of that eternal splendour for which you have created us;

through Jesus Christ, our Lord, by whom, with whom, and in whom,

with all who stand before you in earth and heaven,

we worship you, Father almighty, in songs of everlasting praise:

Blessing and honour and glory and power be yours for ever and ever. Amen.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

Breaking of the Bread

Every time we eat this bread and drink this cup

We proclaim the Lord's death until he comes.

Spiritual Communion

While the Minister receives communion, you are invited to use this prayer of spiritual communion:

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. Come, Holy Spirit, that I may be filled with your presence. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

Prayer After Communion

God of our pilgrimage, you have fed us with the bread of heaven.

Refresh and sustain us as we go forward on our journey,

In the name of Jesus Christ our Lord. Amen.

Church Family Prayer

Lord Jesus Christ thank you for the precious gift of my church family. Bless each one of us, and may each of us know that we are cherished by you and cherished by one another when we are apart as well as when we are together. Thank you that nothing can separate us from your love for us and our love for one another in Jesus Christ our Lord. Amen.

Final Blessing

Dismissal

Go in peace, to love and serve the Lord.

In the name of Christ. Amen.