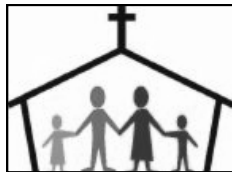


# Holy Communion - Lent

## The Gathering

We *sit* for the **NOTICES** and the **INTRODUCTION** to the service.



## THE GREETING

In the name of the Father and of the Son and of the Holy Spirit.

**All Amen.**

The Lord be with you.  
**And also with you.**

We stand to sing our **OPENING HYMN**.

We *sit* or *kneel* as we pray a **PRAYER OF PREPARATION**:

**All Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.**

We have a time of **CONFESSION**, a time when we acknowledge our failings before God and ask and receive his forgiveness.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil.

Let us confess our sins, remembering before God the times when we have fallen from temptation into sin.

God our Father, we come to you in sorrow for our sins.  
For turning away from you, and ignoring your will for our lives;

Father, forgive us:  
**All save us and help us.**

For behaving just as we wish,  
without thinking of you;  
Father, forgive us:

**All save us and help us.**

For failing you by what we do,  
and think and say;  
Father, forgive us:

**All save us and help us.**

For letting ourselves be drawn away from you  
by temptations in the world around us;  
Father, forgive us:

**All save us and help us.**

For living as if we were ashamed  
to belong to your Son;  
Father, forgive us:

**All save us and help us.**

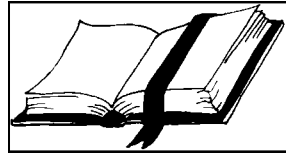
May the Father forgive *you* by the death of his Son  
and strengthen *you* to live in the power of the Spirit all *your* days.

**All Amen.**

## THE COLLECT

*The COLLECT, the church's special prayer for the day, is prayed.*

# The Word of God



*We sit to hear our first BIBLE READING.*

*At the end of the reading:*

This is the word of the Lord.

**All Thanks be to God.**

*We stand for our GOSPEL READING.*

Praise to you, O Christ, king of eternal glory.

Your word is a lamp to my feet and a light to my path.

**All Praise to you, O Christ, King of eternal glory.**

Hear the Gospel of our Lord Jesus Christ according to N.

**All Glory to you, O Lord.**

*At the end of the reading:*

This is the Gospel of the Lord.

**All Praise to you, O Christ.**

*We sit to hear the SERMON.*

## THE AFFIRMATION OF FAITH

*We stand to declare our faith in God.*

Let us affirm our faith in Jesus Christ the Son of God.

**All 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.**

*We stand to sing our next HYMN.*

## PRAYERS OF INTERCESSION

*We sit or kneel for our PRAYERS.*

*Our response to the prayers may be:*

Lord in your mercy

**All Hear our prayer.**

*At the conclusion of our prayers, we may pray:*

Merciful Father,

**All accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ.  
Amen.**



## The Eucharist

### THE PEACE

*We stand to share the PEACE.*

Christ, who nourishes us, is our peace.

Strangers and friends, male and female, old and young,  
he has broken down the barriers,  
to bind us to him and to each other.

Before we come to his holy table, let us share his peace.

The peace of the Lord be always with you

**All and also with you.**

*We share with one another a sign of peace.*

## THE PREPARATION OF THE TABLE

*We remain standing.*

God of mercy and compassion,  
your Word calls us home to faith and love.  
Accept all we offer you this day;  
in the name of Jesus Christ the Lord.

**All Amen.**

## THE EUCHARISTIC PRAYER.

The Lord is here.

**All His Spirit is with us.**

Lift up your hearts.

**All We lift them to the Lord.**

Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

It is indeed right and good to give you thanks and praise,  
almighty God and everlasting Father,  
through Jesus Christ your Son.

For in these forty days  
you lead us into the desert of repentance  
that through a pilgrimage of prayer and discipline  
we may grow in grace  
and learn to be your people once again.  
Through fasting, prayer and acts of service  
you bring us back to your generous heart.  
Through study of your holy word  
you open our eyes to your presence in the world  
and free our hands to welcome others  
into the radiant splendour of your love.  
As we prepare to celebrate the Easter feast  
with joyful hearts and minds  
we bless you for your mercy  
and join with saints and angels  
for ever praising you and *saying*:

**All Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

*Please sit or kneel.*

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them 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.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice made once for all  
upon the cross.  
Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Praise to you, Lord Jesus:

**All Dying you destroyed our death,  
rising you restored our life:  
Lord Jesus, come in glory.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.

Look with favour on your people,  
gather us in your loving arms  
and bring us with all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

**All Amen.**

### **THE LORD'S PRAYER**

Standing at the foot of the cross, as our Saviour taught us, so  
we pray:

**All Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power  
and the glory are yours  
now and for ever.  
Amen.**

### **BREAKING OF THE BREAD**

Every time we eat this bread and drink this cup

**All we proclaim the Lord's death until he comes.**

**All Lamb of God, you take away the sin of the world,  
have mercy on us.**

**Lamb of God, you take away the sin of the world,  
have mercy on us.**

**Lamb of God, you take away the sin of the world,  
grant us peace.**

### **THE GIVING OF COMMUNION**

Come to this holy table,  
not because you must but because you may.  
Come, not to declare that you are righteous  
but that you want to be true disciples of our Lord Jesus Christ.  
Come, not because you are strong  
but because you are weak;  
not because you have any claim on heaven's rewards  
but because, in your frailty and sin,  
you stand in constant need of heaven's mercy and help.

**All Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

The body and blood of Christ given for you.

**All Amen.**

*The bread and wine are shared.*

## PRAYER AFTER COMMUNION

*At the end of communion, the minister may pray a prayer, and then we all pray:*

**All** In gratitude for this moment,  
we give ourselves to you.  
Take us out to live as changed people.  
We have shared the living Bread  
and cannot remain the same.  
Ask much of us, expect much from us,  
encourage many through us.  
So Lord, may we live to your glory, now and for ever.  
Amen.



## The Sending Out

### THE BLESSING

*We remain **seated** for a final BLESSING.*

Christ give you grace to grow in holiness,  
to deny yourselves, take up your cross, and follow him;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**All Amen.**

Go in peace to love and serve the Lord.

**All In the name of Christ. Amen.**

