

# Holy Communion In Lent

*Welcome*

*Hymn*

*The Greeting*

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

**Amen.**

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

*Prayer of Preparation*

**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.**

### ***Prayers of Penitence and Absolution***

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.

*Let us confess our sins*

**Most merciful God, Father of our Lord Jesus Christ,  
we confess that we have sinned in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are, and direct what we shall be;  
that we may do justly, love mercy,  
and walk humbly with you, our God.  
Amen.**

*The president says*

Almighty God,  
who forgives all who truly repent,  
have mercy upon you/us,  
pardon and deliver you/us from all your / our sins,  
confirm and strengthen you/us in all goodness,  
and keep you/us in life eternal;  
through Jesus Christ our Lord.  
**Amen.**

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

*The president and people receive communion.*

### ***Prayer after Communion***

*Silence is kept.*

**Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you  
our souls and bodies to be a living sacrifice.  
Send us out  
in the power of your Spirit  
to live and work  
to your praise and glory.  
Amen.**

### **HYMN**

### ***Notices***

### ***Blessing***

*A blessing will be given*

*A minister says this or similar*

*Go in peace to love and serve the Lord.*

***In the name of Christ.***

***Amen.***

*The ministers and people depart.*

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## ***Giving of Communion***

Draw near with faith.

Receive the body of our Lord Jesus Christ which he gave for you,  
and his blood which he shed for you.

Eat and drink in remembrance that he died for you,  
and feed on him in your hearts by faith with thanksgiving.

*The president gives the invitation to communion*

**Most merciful Lord,  
your love compels us to come in.  
Our hands were unclean,  
our hearts were unprepared;  
we were not fit  
even to eat the crumbs from under your table.  
But you, Lord, are the God of our salvation,  
and share your bread with sinners.  
So cleanse and feed us  
with the precious body and blood of your Son,  
that he may live in us and we in him;  
and that we, with the whole company of Christ,  
may sit and eat in your kingdom.**

**Amen.**

*The Agnus Dei may be said or sung*

**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.**

## ***The Collect (The collect is the prayer of the day)***

*The president introduces a period of silent prayer with the words 'Let us pray' or a more specific bidding, the prayer ends with, **Amen***

Let us Pray

Almighty God,  
by the prayer and discipline of Lent  
may we enter into the mystery of Christ's sufferings,  
and by following in his Way  
come to share in his glory;  
through Jesus Christ our Lord. Amen

## ***The Ministry of the Word***

### **Romans 4.13-end**

13 For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. <sup>14</sup>If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. <sup>15</sup>For the law brings wrath; but where there is no law, neither is there violation.

16 For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, <sup>17</sup>as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. <sup>18</sup>Hoping against hope, he believed that he would become 'the father of many nations', according to what was said, 'So numerous shall your descendants be.' <sup>19</sup>He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. <sup>20</sup>No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, <sup>21</sup>being fully

convinced that God was able to do what he had promised. <sup>22</sup>Therefore his faith 'was reckoned to him as righteousness.'<sup>23</sup> Now the words, 'it was reckoned to him', were written not for his sake alone, <sup>24</sup>but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, <sup>25</sup>who was handed over to death for our trespasses and was raised for our justification.

### ***Gospel Reading***

*When the Gospel is announced the reader says.*

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

**Glory to you, O Lord.**

MARK 8.31-38

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

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:

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

### ***The Lord's Prayer***

**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***

We break this bread  
to share in the body of Christ.

**Though we are many, we are one body, because we all share in  
one bread.**

The bread we break is a sharing in the body of Christ.

**Christ is the Bread of Life.  
The cup we take is a sharing in the blood of Christ**

*The president breaks the consecrated bread.*

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.

**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.  
Remember, Lord, your Church in every land.  
Reveal her unity, guard her faith,  
and preserve her in peace ...  
Bring us at the last with [*N and*] all the saints  
to the vision of that eternal splendour  
for which you have created us;  
through Jesus Christ, our Lord,

## ***Sermon***

*we stand to say the Nicene Creed, or another affirmation of faith*

## ***The Creed***

**We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We believe in one Lord,  
Jesus Christ, the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.  
For us and for our salvation he came down from heaven,  
was incarnate of the Holy Spirit and the Virgin Mary  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father, and the Son  
who with the Father and the Son is worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.**

**We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

***Prayers of Intercession***

*Responses as announced or*

Lord in your mercy,  
**Hear our prayer**

*And at the end this or similar*

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

***The Liturgy of the Sacrament / The Lords Supper***

***The Peace***

*The President may use an introduction to the peace*

The peace of the Lord be always with you  
**and also with you.**

Let us offer one another a sign of peace.

*All may exchange a sign of peace.*

***Preparation of the Table***

*The gifts of the people may presented.*

*The table is prepared and bread and wine are placed upon it.*

*The president takes the bread and wine.*

**The Eucharistic Prayer**

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

*All*

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.**

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:

*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.**

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.