

# 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.**

***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

Most merciful God,  
who by the death and resurrection of your Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

***The Ministry of the Word***

## Hebrews 5.5-10

5 So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,  
'You are my Son,  
today I have begotten you';  
6 as he says also in another place,  
'You are a priest for ever,  
according to the order of Melchizedek.'

7 In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. 8 Although he was a Son, he learned obedience through what he suffered; 9 and having been made perfect, he became the source of eternal salvation for all who obey him, 10 having been designated by God a high priest according to the order of Melchizedek.

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## ***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.**

## John 12.20-33

20 Now among those who went up to worship at the festival were some Greeks. <sup>21</sup>They came to Philip, who was from Bethsaida in Galilee, and said to him, ‘Sir, we wish to see Jesus.’ <sup>22</sup>Philip went and told Andrew; then Andrew and Philip went and told Jesus. <sup>23</sup>Jesus answered them, ‘The hour has come for the Son of Man to be glorified.’ <sup>24</sup>Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. <sup>25</sup>Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. <sup>26</sup>Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

27 ‘Now my soul is troubled. And what should I say—“Father, save me from this hour”? No, it is for this reason that I have come to this hour.’ <sup>28</sup>‘Father, glorify your name.’ Then a voice came from heaven, ‘I have glorified it, and I will glorify it again.’ <sup>29</sup>The crowd standing there heard it and said that it was thunder. Others said, ‘An angel has spoken to him.’ <sup>30</sup>Jesus answered, ‘This voice has come for your sake, not for mine.’ <sup>31</sup>Now is the judgement of this world; now the ruler of this world will be driven out. <sup>32</sup>And I, when I am lifted up from the earth, will draw all people to myself.’ <sup>33</sup>He said this to indicate the kind of death he was to die.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

**The 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 be 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

**All and also with you.**

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.  
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,  
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.*

## ***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.**

**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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