

## Holy Communion in Lent [2022]

### Prayer after Communion

Either the prayer for the week, or the following:

All **Lord Jesus Christ,  
you have taught us that what we do  
for the least of our brothers and sisters  
we do also for you:  
give us the will to be the servant of others  
as you were the servant of all,  
and gave up your life and died for us,  
but are alive and reign, now and for ever. Amen.**

### Blessing

May the Christ who walked on wounded feet,  
walk with us on the road.

May the Christ who serves with wounded hands,  
stretch out our hands to serve.

May the Christ who loves with a wounded heart,  
open our hearts to love.

And may the blessing of God almighty,  
the Father, the Son and the Holy Spirit,  
be among us and remain with us always. **Amen.**

BANNS OF MARRIAGE / CHILDREN SHARING / NOTICES /  
BIRTHDAYS

FINAL HYMN

### Dismissal

'Fear not, for I have redeemed you.  
I have called you by name. You are mine.' [Isaiah 43: 1b]

Go in peace to love and serve the Lord.

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

### Gathering

Whether in joyful expectation, or filled with uncertainty,  
however you come, enter this place to find peace.

Whether with thanksgiving in your heart, or carrying great burdens,  
however you come, enter this place to be renewed in faith.

Come as you are, join with God's people,  
in faith, in doubt, in strength, in weakness  
in need, with much to give.

Find here the peace you need and the faith you seek.

The Lord be with you.

All: **And also with you.**

*A HYMN may be sung*

*If there is JUNIOR CHURCH, children may leave after a prayer*

### Confession

The sacrifice of God is a broken spirit;  
a broken and contrite heart God will not despise.

Compassion and forgiveness belong to the Lord our God,  
though we have rebelled against him.

Let us come to the Lord, who is full of mercy,  
and acknowledge our transgressions in penitence and faith.

All **Lord our God, in our sin we have avoided your call.  
Our love for you is like a morning cloud,  
like the dew that goes away early.  
Have mercy on us; deliver us from judgment,  
bind up our wounds and revive us;  
in Jesus Christ our Lord. Amen.**

May the God of love and power  
forgive us and free us from our sins,  
heal and strengthen us by his Spirit,  
and raise us to new life in Christ our Lord. **Amen.**

The Collect [for the day]

First Reading At the end: This is the word of the Lord.  
All **Thanks be to God.**

HYMN

*We stand for the* Gospel Reading

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

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

*At the end:* This is the Gospel of the Lord.

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

SERMON

Affirmation of Faith

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.**

[cf Philippians 2.6-11]

Invitation to the Table

Come to this table, you who have much faith  
and you who would like to have more;  
you who have come here often  
and you who have not been for a long time;  
you who have tried to follow and you who have failed.  
Come. It is Christ who invites us to meet him here.

All **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.**

Receiving Communion

May the body and blood of Christ  
keep us in eternal life.

All **Amen.**

*All are invited to come forward to receive Communion,  
or for a prayer of blessing.*

Send your Spirit on us now  
that by these gifts we may feed on Christ  
with opened eyes and hearts on fire.

May we and all who share this food  
offer ourselves to live for you  
and be welcomed at your feast in heaven  
where all creation worships you,  
Father, Son and Holy Spirit:

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

#### The Lord's Prayer

Trusting in the compassion of God,  
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

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

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

Prayers of Intercession: *This, or another, response may be used:*

Lord, in your mercy

*All* **hear our prayer.**

*And at the end:* Merciful Father,

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

**Living in Love and Faith** [Sunday services, 9.30 & 11.00]

*During Lent, we are following the Church of England's resource Living in Love and Faith, engaging with issues of identity, sexuality, relationships and marriage. Part of this involves listening to the lived experiences of people with different backgrounds and understandings, so each week in our services we watch one story video from the course, recognising views expressed belong to the individuals concerned and not necessarily to the Church as a whole.*

*This week ...*

Story Video

Prayer

*All* **Lord God, you write the story of your grace and truth  
into the lives of your people.  
Grant to us all, grace to live in love, faith and holiness.  
May we dwell together united in your love,  
and so bear to the world  
the oil of your healing and the dew of your blessing;  
through Jesus Christ our Lord. Amen.**

#### The Peace

Let the peace of Christ rule in your hearts,  
since as members of one body you are called to peace.

The peace of the Lord be always with you.

*All:* **And also with you.**

*We offer one another a sign of peace.*

*A HYMN may be sung as the table is prepared for Communion and the gifts of the people are brought forward.*

Prayer of thanks for the gifts of the people

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

The Communion Prayer (Eucharistic Prayer D)

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.**

Almighty God, good Father to us all,  
your face is turned towards your world.

In love you gave us Jesus your Son  
to rescue us from sin and death.  
Your Word goes out to call us home  
to the city where angels sing your praise.

We join with them in heaven's song:

*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.**

Father of all, we give you thanks  
for every gift that comes from heaven.

To the darkness Jesus came as your light.  
With signs of faith and words of hope  
he touched untouchables with love and washed the guilty clean.

This is his story.

*All* **This is our song:  
Hosanna in the highest.**

The crowds came out to see your Son,  
yet at the end they turned on him.  
On the night he was betrayed  
he came to table with his friends  
to celebrate the freedom of your people.

This is his story.

*All* **This is our song:  
Hosanna in the highest.**

Jesus blessed you, Father, for the food;  
he took bread, gave thanks, broke it and said:  
This is my body, given for you all.

Jesus then gave thanks for the wine;  
he took the cup, gave it and said:  
This is my blood, shed for you all  
for the forgiveness of sins.  
Do this in remembrance of me.

This is our story.

*All* **This is our song:  
Hosanna in the highest.**

Therefore, Father, with this bread and this cup  
we celebrate the cross on which he died to set us free.  
Defying death he rose again  
and is alive with you to plead for us and all the world.

This is our story.

*All* **This is our song:  
Hosanna in the highest.**