

## **Holy Communion Service for Lent**

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

**Amen.**

Grace, mercy and peace from God our Father and the Lord Jesus Christ 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**

The Summary of the Law

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.’

The second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Amen. Lord, have mercy.**

### **Invitation to confession**

The sacrifice of God is a broken spirit;

a broken and contrite heart God will not despise.

Let us come to the Lord, who is full of compassion,

and acknowledge our transgressions in penitence and faith.

## Prayer of Confession

Father eternal, giver of light and grace,  
we have sinned against you and against our neighbour,  
in what we have thought,  
in what we have said and done,  
through ignorance, through weakness,  
through our own deliberate fault.  
We have wounded your love,  
and marred your image in us.  
We are sorry and ashamed,  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past;  
and lead us out of darkness to walk as children of light.  
Amen.

## The Absolution

May the Father of all mercies  
cleanse you from your sins,  
and restore you in his image  
to the praise and glory of his name,  
through Jesus Christ our Lord.  
Amen.

The Collect (A special prayer appointed for the day.)

Gospel

Praise to you, O Christ, King of eternal glory.  
The Lord is a great God, O that today you would listen to his voice.  
Harden not your hearts.  
Psalm 95.3,8

Praise to you, O Christ, King of eternal glory

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

At the end the reader says  
This is the Gospel of the Lord.  
**Praise to you, O Christ.**

## Sermon

### Prayers/Intercessions

Lord, in your mercy  
**hear our prayer.**

And at the end all say

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

### Preparation of the Table

Merciful Father,  
turn us from sin to faithfulness  
and from disobedience to love,  
and prepare us to celebrate  
the death and resurrection of Christ our Saviour  
who is alive and reigns, now and for ever.  
**Amen.**

### 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.**

It is indeed right, it is our duty and our joy,  
always and everywhere to give you thanks,  
holy Father, almighty and everlasting God,  
through Jesus Christ, your only Son our Lord.

**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.**

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;  
who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
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.

Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

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.**

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son, Jesus Christ our Lord.  
Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
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**

As our Saviour taught us, so we pray  
**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.**

The priest breaks the consecrated bread.

Every time we eat this bread and drink this cup.  
We proclaim the Lord's death until he comes in glory.

**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.**

## **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.**

**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.**

## **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, Father, Son and Holy Spirit be among you and  
remain with you always.

**Amen.**

Go in peace to love and serve the Lord.

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