

The Sacrament of Holy Communion for the Season of Lent

Leader: The Lord be with you.

PEOPLE: **And also with you.**

Leader: Lift up your hearts.

PEOPLE: **We lift them up to the Lord.**

Leader: Let us give thanks to the Lord our God.

PEOPLE: **It is right to give our thanks and praise.**

Leader: It is right, and a good and joyful thing, always and everywhere to give thanks to you, Lord God Almighty, who hears the cries of the oppressed and afflicted. As our ancestors were wanderers, making their home wherever they were welcomed, you call us to celebrate the bounty we receive, and to share it with those who wander in need of your grace. We give you thanks for milk and honey, for clean water and blue skies, for your presence in all aspects of our lives and, especially as our Lenten journeys continue, the power to resist the evils that tempt us and be born anew.

And so, with all your people on earth and all the heavenly chorus, we praise your name and join their unending hymn:

SUNG RESPONSE: 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.

Leader: Holy are you, and holy is the Lamb of God, Jesus Christ, whose suffering for our sake through the days of Lent, we remember as we partake of this holy sacrament.

On that night before his death, Jesus took bread and gave thanks to you. He broke the bread and gave it to the

disciples, saying, "Take this bread, for it is the Bread of Life. It represents the covenant I make with those who love mercy, create justice, and build the Kingdom of God here on earth. Whenever you eat this bread, remember me."

When the supper was over, Jesus took the cup, gave thanks to you and gave it to the disciples, saying, "This is the cup of salvation. It represents my promise to be with you always. It has been poured out for you and for many for the forgiveness of sins. Whenever you drink this cup, remember me.

And so, in remembrance of these your mighty acts of love and grace, we offer ourselves in praise and thanksgiving, as children of your covenant, in union with Christ's love for us, as we proclaim the mystery of faith.

SUNG RESPONSE: Christ has died. Christ is risen. Christ will come again.

Leader: Pour out your Holy Spirit on us gathered here, and on these gifts of bread and juice. Make them be for us the body and blood of Christ, that we may be the body of Christ to a world so in need of your mercy and grace. God of signs and wonders, God of power and love, God of breath and life, we praise your saving, gracious name.

SUNG RESPONSE: Amen.

RECEIVING THE ELEMENTS OF HOLY COMMUNION

PRAYER AFTER RECEIVING Eternal God, we give you thanks for this holy mystery in which you have given yourself to us. Grant that we may go forth on our Lenten journeys in the strength of your Spirit that we may give ourselves for others, in the name of Jesus Christ, our Lord and Savior. Amen.

