



“The grace of God given herein confirms to us the pardon of our sins by enabling us to leave them. As our bodies are strengthened by bread and wine, so are our souls by these tokens of the body and blood of Christ. This is the food of our souls: this gives strength to perform our duty, and leads us on to perfection. If therefore we have any regard for the plain command of Christ, if we desire the pardon of our sins, if we wish for strength to believe, to love and obey God, then we should neglect no opportunity of receiving the Lord’s Supper.”



(John Wesley, [Sermon 101: The Duty of Constant Communion](#), §I.3).

SERVICE OF HOLY COMMUNION

The Invitation

ONE You who truly and earnestly repent of your sins, who live in love and peace with your neighbours, and who intend to lead a new life, following the commandments of God and walking henceforth in his holy ways, draw near with faith, and take this holy sacrament for your comfort; and humbly bowing, make your honest confession to Almighty God.



The General Confession

ALL Almighty God, our heavenly Father, Maker of all things, Judge of all people, who with great mercy has promised forgiveness and deliverance to all who turn to you with hearty repentance and true faith, we confess that we have sinned against you and are hopeless without your grace. Have mercy upon us, O merciful Father, have mercy upon us; pardon and deliver us from all our sins:



ONE from blindness of heart and lack of love; from the deceits of the world, the flesh, and the devil; from false doctrine and neglect of your Word; from anxiety and lack of trust.

ALL **O God, our Saviour, keep us this day without sin. Give us strength to serve and please you in newness of life, and to honour and praise your name, through Jesus Christ our Lord. Amen.**



The Petition

ONE Almighty God, you have faithfully watched over us, and graciously helped us; now hear our petitions: for good health and sound minds; for strength to earn our bread; for rest from worry and labour; for safety in travel; for protection from enemies; for Christian homes; and for a just and strong nation.

Out of your compassion give us those things which are good and proper for our souls, and protect us by your might in all our tribulations. Grant us in this world the peace that is from above, and bring us to everlasting life in the world to come, through Christ our Lord, who taught us to pray saying:



ALL Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.



The Intercession

ONE Almighty God, who created the world from nothing, and who sustains it by your powerful Word, support and protect us that we may serve you as intercessors in your world; and to that end hear our prayers for those in need:
 for the sick, the infirm and the aged;
 for widows and orphans, the poor and oppressed;
 for the lonely, discouraged, bereaved and heartbroken;
 for those in bondage to sin, unmindful of God, without knowledge of the gospel of salvation.



ALL We pray too for all your servants who honour Christ in their work:
 for homemakers and wage earners;
 for teachers and students;
 for doctors, nurses, and others who serve the sick;
 for labourers and executives;
 for farmers and city dwellers;
 for the aged and the young;
 for those who govern and those who are ruled.
 To each of these and to all others for whom we should pray, give wisdom, strength and the power to endure, through Jesus Christ our Lord. Amen.



The Great Thanksgiving

ONE Almighty God, you created us to enjoy your fellowship; and even when we transgressed your command, you did not forsake us, but chastened us as a merciful Father;

ALL You called Abraham from the land of his fathers, and freed the children of Israel from bondage and slavery; you gave your law and sent your prophets to guide them in your ways;



ONE At the right time you gave the world your only Son, who by his birth to a virgin, and through his temptations and ministry, his suffering and death, his resurrection and ascension, opened to us the way to heaven;

ALL You sent your Holy Spirit, the counsellor, who through the Apostles and the Church, called us to salvation; you adopted us and daily give us aid in the journey of faith by that same Spirit. Our hearts are full, O God, and in thanksgiving to you, we cry, Abba, Father.



ONE In confidence that you will bring us to our full inheritance, and give us our place at the heavenly table with your Son, our Saviour, Jesus Christ, we offer thanksgiving, joining our voices with all the Church to confess:

ALL Christ has died,
 Christ has risen,
 Christ will come again.



Prayer of Approach

ONE Almighty God, our heavenly Father, send the power of your Holy Spirit upon us, that we may experience anew the suffering, death and resurrection of your Son, Jesus Christ. May your Spirit help us to know, in the breaking of this bread and the drinking of this cup, the presence of Christ who gave his body and blood for all. And may your Spirit make us one with Christ, one with each other, united in service to the world.

ALL Amen.



Words of Consecration

ONE In the night of his betrayal, Jesus took bread, and when he had given 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 like manner, after supper he took the cup, and when he had given thanks, he gave it to them, saying: "Drink of this, all of you, for this is my blood of the New Testament which is shed for you and for many, for the remission of sins; do this as often as you drink it, in remembrance of me."



BEHOLD THE LAMB

**Behold the Lamb who bears our sins away,
Slain for us – and we remember
The promise made that all who come in faith
Find forgiveness at the cross.
So we share in this bread of life,
And we drink of His sacrifice
As a sign of our bonds of peace
Around the table of the King.**



2

**The body of our Saviour Jesus Christ,
Torn for You – eat and remember
The wounds that heal, the death that brings us life
Paid the price to make us one.
So we share in this bread of life,
And we drink of His sacrifice
As a sign of our bonds of love
Around the table of the King.**



3

**The blood that cleanses every stain of sin,
Shed for You – drink and remember
He drained death's cup that all may enter in
To receive the life of God.
So we share in this bread of life,
And we drink of His sacrifice
As a sign of our bonds of grace
Around the table of the King.**



4

**And so with thankfulness and faith we rise
To respond, and to remember
Our call to follow in the steps of Christ
As His body here on earth.
As we share in His suffering
We proclaim Christ will come again!
And we'll join in the feast of heaven
Around the table of the King.**



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