

## **Holy Communion during Lent (online version)**

### **Preparation**

The Lord be with you  
and also with you

**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 Confession**

God shows his love for us in that, while we were  
still sinners, Christ died for us.  
Let us then show our love for him by confessing  
our sins in penitence and faith.

**Lord God, we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent.  
Have mercy on us according to your love.  
Wash away our wrongdoing  
and cleanse us from our sin.  
Renew a right spirit within us and restore us to  
the joy of your salvation;  
through Jesus Christ our Lord. Amen.**

May the God of love bring you back to himself,  
forgive you your sins, and assure you of his  
eternal love in Jesus Christ our Lord.

### **The Prayer for the Day (Collect)**

### **Bible Readings**

### **The Sermon**

**Let us declare our faith in God.**

**We believe in God the Father,  
from whom every family  
in heaven and on earth is named.  
We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit. Amen.**

### **The Prayers**

#### **The Peace**

‘Where two or three are gathered together in my  
name,’ says the Lord, ‘there am I in the midst of  
them.’ The peace of the Lord be always with you.  
**and also with you**

#### **We prepare the table**

Blessed be God, by whose grace creation is  
renewed, by whose love heaven is opened, by  
whose mercy we offer our sacrifice of praise.  
**Blessed be God for ever.**

#### **The Thanksgiving 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 always right to give you thanks, God our  
Creator, loving and faithful, holy and strong.  
You made us and the whole universe,  
and filled your world with life.

**You sent your Son to live among us,  
Jesus our Saviour, Mary's child.  
He suffered on the cross;  
he died to save us from our sins;  
he rose in glory from the dead.**

You send your Spirit to bring new life to the  
world, and clothe us with power from on high.  
And so we join the angels to celebrate saying:

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.**

Father, on the night before he died,  
Jesus shared a meal with his friends.  
He took the bread, and thanked you  
He broke it, and gave it to them, saying:  
Take and eat; this is my body, given for you.  
Do this to remember me.

After the meal, Jesus took the cup of wine.  
He thanked you, and gave it to them, saying :  
Drink this, all of you. This is my blood,  
the new promise of God's unfailing love.  
Do this to remember me.

Great is the mystery of faith: ‘

**Christ has died:**

**Christ is risen:**

**Christ will come again.**

Father, as we bring this bread and wine, and  
remember his death and resurrection, send your  
Holy Spirit, that we who share these gifts  
may be fed by Christ's body and his blood.

**Pour your Spirit on us that we may love one  
another, work for the healing of the earth, and  
share the good news of Jesus,  
as we wait for his coming in glory.**

For honour and praise belong to you, Father,  
with Jesus your Son, and the Holy Spirit:  
one God, 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**

### **We break bread**

Blessed be God, who feeds the hungry,  
who raises the poor, who fills our praise.  
**Blessed be God for ever.**

### **A prayer for “Spiritual 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.

### **Prayer after communion**

Lord God,  
you feed us with the living bread from heaven;  
renew our faith, increase our hope, and  
strengthen our love.

**Teach us to hunger for Christ  
who is the true and living bread,  
and to live by every word  
that comes from your mouth,  
through Jesus Christ our Lord. Amen.**

### **Blessing and Dismissal**

The Lord bless you and watch over you,  
the Lord make his face shine upon you  
and be gracious to you,  
the Lord look kindly on you and give you peace;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.  
**Amen.**