

Communion is at the very heart of what it means to be a believer. "Do this in remembrance of me," is a clear instruction from Jesus to His followers during His Last Supper or Passover meal, and immediately before the events which would lead to His death.

As followers of the resurrected living Jesus, we follow that instruction and together we eat bread and drink wine in remembrance of Him.

As we prepare to receive Holy Communion, we are reminded in Romans 3: 23 that all have sinned and fall short of the glory of God.

Lord Jesus, You came into the world to save sinners.  
We have brought sorrow and hurt to You, to others and to ourselves;  
But You give Yourself to heal and renew us, and to bring us strength.  
As we confess our faults, may we know that our sins are forgiven through the life and love of Jesus Christ our Saviour, and give thanks to almighty God for His grace and goodness.

God of love, we pray for the life of Your Church throughout the world.

May every congregation be a community of love, and every Christian a witness to Your grace.

Renew us, we pray, in the name of Jesus and through the power of the Holy Spirit.

God of mercy, we pray for the life of the world and for those who exercise power.

Show us how to live as true members of the human family, rejecting the ways of war, bearing each other's burdens, and working together for justice and peace.

God of compassion, we pray for those who are ill or anxious at home or in hospital; for those whose lives are filled with fear and despair.

Draw near to them and us, we pray, with Your saving love bringing healing and hope.

Recalling the death and resurrection of Jesus, and in obedience to His command, we celebrate the offering of His eternal sacrifice, until He comes again.

We praise You, heavenly Father, that on the night in which He was betrayed, our Lord Jesus took bread and gave thanks, broke it, and gave it to His disciples, saying, 'Take and eat. This is My body, given for you. Do this in remembrance of Me.'

Then, after supper, He took the cup, gave thanks, and gave it for all to drink, saying, 'This cup is the new covenant of My blood, shed for you and for all people for the forgiveness of sin. Do this in remembrance of Me.'

Therefore, gracious God, with this bread and wine we remember that our Lord offered His life for us, believing the witness of His resurrection.

All are welcome to receive Holy Communion, but let there be no embarrassment in letting the elements pass by if you feel unready. It has become our custom to eat the bread as it is offered, recognizing our individuality, but to retain the cup in order that we may drink together and signify our unity.

Receive the body of Christ which was given for you, and the blood of Christ which was shed for you, and feed on Him in your hearts, by faith with thanksgiving.

#### *Distribution of Communion elements*

As our communion comes to a close, we say together the prayer which Jesus Himself taught us:

Our Father, who art in heaven, hallowed be Thy Name ...

God of power, may the boldness of Your Spirit transform us, may the gentleness of Your Spirit lead us, and may the gifts of Your Spirit equip us to serve and worship You now and always. Strengthen us in our life together, we pray, that we may grow in love for You and for each other, through Jesus Christ our Lord.

Amen.