

A service of
HOLY COMMUNION
for
LENT



Hymn

The Greeting

The Lord 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 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.

Silence

Wash away all my iniquity
and cleanse me from my sin.

Lord, have mercy.

Lord, have mercy.

Against you, only have I sinned
and done what is wrong in your sight

Christ, have mercy.

Christ, have mercy.

Create in me a pure heart, O God,
and renew a steadfast spirit within me.
Lord, have mercy
Lord, have mercy.

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

The Collect

First Reading

This is the word of the Lord.
Thanks be to God.

Hymn

Gospel Reading

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

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

Sermon

Creed

Let us affirm our faith in Jesus Christ the Son of God.

**Though he was divine,
He did not cling to equality with God,
But made himself nothing.
Taking the form of a servant,
He was born in human likeness.
He humbled himself and was obedient to death
- Even the death of the cross.
Therefore God has raised him on high
And given him the name above every name:
And at the name of Jesus every knee should bow
And every voice proclaim that Jesus Christ is Lord
To the Glory of God the Father. Amen.**

Prayers of Intercession

Lord, in your mercy
hear our prayer.

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

The Peace

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.
The peace of the Lord be always with you
and also with you.

Hymn

Preparation of the Table

Yours Lord, is the greatness, the power,
the glory, the splendour, and the majesty;
for everything in heaven and on earth is yours.

All things come from you, and of your own do we give you.

The Eucharistic Prayer (d)

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.

Almighty God, good Father to us all,
your face is turned towards your world.
In love you gave us Jesus your Son
to rescue us from sin and death.
Your Word goes out to call us home
to the city where angels sing your praise.
We join with them in heaven's song:

**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.**

Father of all, we give you thanks
for every gift that comes from heaven.
To the darkness Jesus came as your light.
With signs of faith and words of hope
he touched untouchables with love and washed the guilty clean.

This is his story.
This is our song:
Hosanna in the highest.

The crowds came out to see your Son,
yet at the end they turned on him.
On the night he was betrayed
he came to table with his friends
to celebrate the freedom of your people.

This is his story.
This is our song:
Hosanna in the highest.

Jesus blessed you, Father, for the food;
he took bread, gave thanks, broke it and said:
This is my body, given for you all.

Jesus then gave thanks for the wine;
he took the cup, gave it and said:
This is my blood, shed for you all
for the forgiveness of sins.
Do this in remembrance of me.

This is our story.
This is our song:
Hosanna in the highest.

Therefore, Father, with this bread and this cup
we celebrate the cross
on which he died to set us free.
Defying death he rose again
and is alive with you to plead for us and all the world.

This is our story.
This is our song:
Hosanna in the highest.

Send your Spirit on us now that by these gifts
we may feed on Christ with opened eyes and hearts on fire.

May we and all who share this food
offer ourselves to live for you
and be welcomed at your feast in heaven
where all creation worships you,
Father, Son and Holy Spirit:
**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.**

We break this bread to share in the body of Christ.
**Though we are many we are one body
because we all share in one bread.**

Agnus Dei

**Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.**

Giving of Communion

Draw near with faith.

Receive the body of our Lord Jesus Christ which he gave for you,
and his blood which he shed for you.

Eat and drink in remembrance that he died and lives for you,
and feed on him in your hearts
by faith with thanksgiving.

Jesus is the Lamb of God
who takes away the sins of the world.

Happy are those who are called to his supper.

**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

Prayer after Communion

Almighty God, we thank you for feeding us and blessing us
with the body and blood of your Son Jesus Christ.

Through him we offer you our souls and bodies
to be a living sacrifice.

Send us out in the power of your Spirit
to live and work to your praise and glory. **Amen.**

Hymn

Blessing

May God the Father, who does not despise the broken spirit,
give you a contrite heart. **Amen.**

May Christ, who bore our sins in his body on the tree,
heal you by his wounds. **Amen.**

May the Holy Spirit, who leads us into all truth,
speak to you words of pardon and peace. **Amen.**

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

HYMNS

Hymn 1 - God of grace and God of glory 248

God of grace and God of glory,
On Thy people pour Thy power;
Now fulfil thy church's story;
Bring her bud to glorious flower.
Grant us wisdom, grant us courage,
For the facing of this hour.

Lo! the hosts of evil round us,
Scorn Thy Christ, assail His ways!
From the fears that long have bound us;
Free our hearts to faith and praise.
Grant us wisdom, grant us courage,
For the living of these days.

Cure Thy children's warring madness;
Bend our pride to Thy control;
Shame our wanton, selfish gladness,
Rich in goods and poor in soul.
Grant us wisdom, grant us courage,
Lest we miss Thy kingdom's goal.

Set our feet on lofty places;
Gird our lives that they may be
Armoured with all Christlike graces
As we set your people free.
Grant us wisdom, grant us courage,
That we fail the world or Thee.

Hymn 2 - There's a wideness in God's Mercy 747

There's a wideness in God's mercy
like the wideness of the sea;
there's a kindness in his justice,
which is more than liberty.
There is no place where earth's sorrows
are more felt than in heaven;
there is no place where earth's failings
have such kind judgment given.

For the love of God is broader
than the scope of human mind;
and the heart of the Eternal
is most wonderfully kind.
But we make his love too narrow
By false limits of our own;
And we magnify his strictness
With a zeal he will not own

There is plentiful redemption
in the blood that has been shed;
there is joy for all the members
in the sorrows of the Head.
If our love were but more simple,
we should take him at his word;
and our life would be all gladness
for the joy of Christ our Lord.

Hymn 3 - Forty days and Forty nights 202

Forty days and forty nights
You were fasting in the wild;
forty days and forty nights
tempted, and yet unbeguiled.

Sunbeams scorching all the day;
chilly dew-drops nightly shed;
prowling beasts about your way;
stones your pillow, earth your bed.

Let us your endurance share,
And from earthly greed abstain,
With you vigilant in prayer,
With you strong to suffer pain.

Then if evil on us press,
Flesh or spirit to avail,
Victor in the wilderness,
Help us not to swerve or fail.

So shall peace divine be ours;
holy gladness pure and true;
Come to us, angelic powers,
such as ministered to you.

Keep, O keep us, Saviour dear,
ever constant by your side;
that with you we may appear
at the eternal Eastertide.

Hymn 4 – Father Lord of all creation 172

Father, Lord of all creation,
ground of being, life and love;
Height and depth beyond description,
only life in you can prove:
you are mortal life's dependence:
thought, speech, sight are ours by grace;
Yours is every hour's existence,
sovereign Lord of time and space.

Jesus Christ, the Man for Others
we, your people, make our prayer
help us love, as sisters, brothers
all whose burdens we can share.
Where your name binds us together
you, Lord Christ, will surely be;
where no selfishness can sever
there your love the world may see.

Holy Spirit, rushing, burning
wind and flame of Pentecost,
fire our hearts afresh with yearning
to regain what we have lost.
May your love unite our action
nevermore to speak alone:
God, in us, abolish faction
God, through us, your love make known

Readings

Galatians 2:11-21

But when Cephas came to Antioch, I opposed him to his face because he stood self-condemned, ¹² for until certain people came from James, he used to eat with the gentiles. But after they came, he drew back and kept himself separate for fear of the circumcision faction. ¹³ And the other Jews joined him in this hypocrisy, so that even Barnabas was led astray by their hypocrisy. ¹⁴ But when I saw that they were not acting consistently with the truth of the gospel, I said to Cephas before them all, "If you, though a Jew, live like a gentile and not like a Jew, how can you compel the gentiles to live like Jews?" ¹⁵ We ourselves are Jews by birth and not gentile sinners, ¹⁶ yet we know that a person is justified not by the works of the law but through the faith of Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by the faith of Christ and not by doing the works of the law, because no one will be justified by the works of the law. ¹⁷ But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! ¹⁸ But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. ¹⁹ For through the law I died to the law, so that I might live to God. I have been crucified with Christ, ²⁰ and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by the faith of the Son of God, who loved me and gave himself for me. ²¹ I do not nullify the grace of God, for if righteousness comes through the law, then Christ died for nothing.

Luke 7:36-50

One of the Pharisees asked Jesus to eat with him, and when he went into the Pharisee's house he reclined to dine. ³⁷ And a woman in the city who was a sinner, having learned that he was eating in the Pharisee's house, brought an alabaster jar of ointment.

³⁸ She stood behind him at his feet, weeping, and began to bathe his feet with her tears and to dry them with her hair, kissing his feet and anointing them with the ointment. ³⁹ Now when the Pharisee who had invited him saw it, he said to himself, "If this man were a prophet, he would have known who and what kind of woman this is who is touching him, that she is a sinner." ⁴⁰ Jesus spoke up and said to him, "Simon, I have something to say to you." "Teacher," he replied, "speak." ⁴¹ "A certain moneylender had two debtors; one owed five hundred denarii, and the other fifty. ⁴² When they could not pay, he canceled the debts for both of them. Now which of them will love him more?" ⁴³ Simon answered, "I suppose the one for whom he canceled the greater debt." And Jesus said to him, "You have judged rightly." ⁴⁴ Then turning toward the woman, he said to Simon, "Do you see this woman? I entered your house; you gave me no water for my feet, but she has bathed my feet with her tears and dried them with her hair. ⁴⁵ You gave me no kiss, but from the time I came in she has not stopped kissing my feet. ⁴⁶ You did not anoint my head with oil, but she has anointed my feet with ointment. ⁴⁷ Therefore, I tell you, her many sins have been forgiven; hence she has shown great love. But the one to whom little is forgiven loves little." ⁴⁸ Then he said to her, "Your sins are forgiven." ⁴⁹ But those who were at the table with him began to say among themselves, "Who is this who even forgives sins?" ⁵⁰ But he said to the woman, "Your faith has saved you; go in peace."

