



This is a guide for taking Communion whether you are by yourself or in family unit. All you need is some bread or biscuit and water or juice. Below is an outline to help you focus. At the end is the traditional words of the Lord's Prayer from Matthew 6:9-13 to say out loud.

INVITATION TO THE TABLE

We come to this table, not because we must but because we may. Not because we are strong, but because we are weak. We come, because we need mercy and help. We come because we love the Lord. Jesus our Lord and Saviour gave himself for us. We come to meet with Him for we are His body.

The apostle Paul tells us of the institution of the Lord's Supper:

"For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he also took the cup after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes." 1 Corinthians 11.23–26

THANKSGIVING

Loving God, we praise and thank you for your love shown to us in Jesus Christ. We thank you for his life and ministry, announcing the good news of your kingdom and demonstrating its power by lifting up the downtrodden, healing the sick, and loving the loveless. We thank you for his sacrificial death upon the cross for the redemption of the world, and for raising him to life again, as a foretaste of the glory we shall all share. We give you thanks for this bread and wine, symbols of our world and signs of your transforming love. Send your Holy

Spirit, we pray, that we may be renewed into the likeness of Jesus Christ and formed into his Body.

SHARING THE BREAD The bread may now be broken and shared with the words: Jesus said, 'This is my body which is for you; do this in memory of me'.

SHARING THE WINE The wine may now be lifted up and shared with these words: In the same way, he took the cup after supper, and said: 'this cup is the new covenant sealed by my blood. Whenever you drink it, do this in memory of me.'

You are invited to say the Lord's Prayer

Our Father who art in heaven,

Hallowed be thy Name

Thy kingdom come

Thy will be done on 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