



# The Eucharist

for  
Lent



L E N T

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## **Preparation**

A time of quiet and prayer before the service will help you to enter into the worship.

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.

Have mercy on me, O God, in your great goodness;  
according to the abundance of your compassion blot out my offences.  
Wash me thoroughly from my wickedness and cleanse me from my sin.

*Psalm 51: 1-2*

Lord God,  
in this world where goodness and evil  
continue to clash with each other,  
instil in us, and in all your people,  
discernment to see what is right,  
faith to believe what is right,  
and courage to do what is right.

Keep us aware of the subtlety of sin,  
and preserve us, body, mind and soul,  
through the power of your Holy Spirit.  
Amen

*from Stages on the Way: Wild Goose Worship Group*

*Please stand*

**Hymn**

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
**Amen.**

The Lord be with you  
**and also with you.**

**Introduction to our theme**

**Prayer of Penitence**

*Please sit or kneel*

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.

*(or)*

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.

*Silence for reflection*

**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.**

Almighty God,  
who forgives all who truly repent,  
have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

**Amen.**

## Kyrie

Lord, have mercy,  
**Lord, have mercy.**

Christ, have mercy,  
**Christ, have mercy.**

Lord, have mercy,  
**Lord, have mercy.**

## The Collect

*Please respond*

**Amen**

## The Liturgy of the Word

### Readings

*At the end of each the reader may say*

For the word of the Lord.

**Thanks be to God.**

### Gospel Reading

*(To be sung twice)*

Praise to you, Lord Je - sus Christ,  
king of end - less glo - ry.

The Lord is a great God, O that today you would listen to his voice.  
Harden not your hearts.

*cf Psalm 95.3,8*

**Praise to you, O Christ, King of eternal glory.**

*When the Gospel is announced the reader says*

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**

*Please sit*

**The Creed**

*Please stand*

**We believe in one God, the Father, the Almighty,  
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God,**

**eternally begotten of the Father,**

**God from God, Light from Light,**

**true God from true God, begotten, not made,**

**of one Being with the Father;**

**through him all things were made.**

**For us and for our salvation he came down from heaven,**

**was incarnate from the Holy Spirit and the Virgin Mary**

**and was made man.**

**For our sake he was crucified under Pontius Pilate;**

**he suffered death and was buried.**

**On the third day he rose again**

**in accordance with the Scriptures;**

**he ascended into heaven**

**and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,**

**and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

### **Prayers of Intercession**

*Please sit or kneel*

*These responses may be used*  
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 Liturgy of the Sacrament**

#### **The Peace**

*Please stand*

Since we are justified by faith,  
we have peace with God through our Lord Jesus Christ,  
who has given us access to his grace.

*Romans 5.1,2*

*(or)*

Christ is our peace.  
He has reconciled us to God  
in one body by the cross.  
We meet in his name and share his peace.

The peace of the Lord be always with you  
**and also with you.**

Let us offer one another a sign of peace.

## Hymn

*Remain standing*

## The Offertory

God of mercy and compassion,  
your Word calls us home to faith and love.  
accept all we offer you this day;  
in the name of Jesus Christ the Lord.  
**Amen.**

## Eucharistic 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 indeed right,  
it is our duty and our joy,  
at all times and in all places

to give you thanks and praise,  
holy Father, heavenly King,  
almighty and eternal God,  
through Jesus Christ your Son our Lord.

*(from Lent 1 to Lent 4)*

And now we give you thanks  
because each year you give us this joyful season  
when we prepare to celebrate the paschal mystery  
with mind and heart renewed.  
You give us a spirit of loving reverence for you  
and of willing service to our neighbour.  
As we recall the saving acts that give new life in Christ,  
you bring the image of your Son to perfection within our hearts.

*(from Lent 5 until Wednesday of Holy Week)*

And now we give you thanks  
because, for our salvation,  
he was obedient even to death on the cross.  
The tree of shame was made the tree of glory;  
and where life was lost, there life has been restored.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna, hosanna, hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna, hosanna, hosanna in the highest.**

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;  
who in the same night that he was betrayed,  
took bread and gave you 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 the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.



Jesus Christ is Lord:  
**Lord, by your cross and resurrection  
you have set us free.  
You are the Saviour of the world.**

Therefore, heavenly Father,  
we remember now his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious ascension;  
and as we look for the coming of his kingdom,  
we make with this bread and this cup  
the memorial of Christ your Son our Lord.

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Holy Spirit  
and nourish us with the body and blood of Christ,  
that we may grow into his likeness  
and become a living temple to your glory.

Through Jesus Christ our Lord,  
by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven  
we worship you, Father almighty,  
in songs of everlasting praise:

**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.**

## **Breaking of the Bread**

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.**

*(or)*

Every time we eat this bread  
and drink this cup,  
**we proclaim the Lord's death  
until he comes.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**

## Giving of Communion

*The president says one of these invitations to 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 for you,

and feed on him in your hearts by faith with thanksgiving.

*(or)*

Jesus is the Lamb of God

who takes away the sin of the world.

Blessed 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.**

**Most merciful Lord,**

**your love compels us to come in.**

**Our hands were unclean,**

**our hearts were unprepared;**

**we were not fit**

**even to eat the crumbs from under your table.**

**But you, Lord, are the God of our salvation,**

**and share your bread with sinners.**

**so cleanse and feed us**

**with the precious body and blood of your Son,**

**that he may live in us and we in him;**

**and that we, with the whole company of Christ,**

**may sit and eat in your kingdom. Amen.**

## Prayer after Communion

*Silence is kept.*

*The Post Communion or another suitable prayer is said.*

**Almighty God,**  
we thank you for feeding 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.**

## **Notices**

### ***The Dismissal***

*Please stand*

*The president may use these words or another suitable blessing*

Christ give you grace to grow in holiness,  
to deny yourselves, take up your cross, and follow him;  
and the blessing of God almighty,  
The Father, the Son, and the Holy Spirit,  
be among you and remain with you always. **Amen.**

*(or)*

Christ crucified draw you to himself,  
to find in him a sure ground for faith,  
a firm support for hope,  
and the assurance of sins forgiven;  
and the blessing of God almighty,  
The Father, the Son, and the Holy Spirit,  
be among you and remain with you always. **Amen.**

## **Hymn**

*Please stand*

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