



## Holy Communion Service – Lenten Liturgy

*We welcome to the Communion Table all who know and love Jesus the Messiah and have made Him Lord*

### Preparation

Come, let us return to the Lord.

He has torn us but He will heal us; He will bind up our wounds. After two days He will revive us; on the third day He will restore us that we may live in His presence.

Let us acknowledge the Lord; let us press on to know Him.

**As surely as the sun rises, He will appear; He will come to us like the winter rains, like the spring rains that water the earth.**

### Collect for Purity

**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 Jesus of Nazareth our Lord.  
Amen.**

### Commandments

Our Lord Jesus said, “If you love me, keep my commandments; happy are those who hear the word of God and keep it.” Hear then these commandments which God has given to His people, and take them to heart.

*I am the Lord your God who brought you out of Egypt: you shall have no other gods but me.*

You shall love the Lord your God with all your heart, with all your soul, and with all your strength.

**We will hear and we will obey.**

*You shall not make for yourself any idol.*

God is spirit, and those who worship Him must worship in spirit and in truth.

**The law of the Lord is perfect!**

*You shall not dishonor the name of the Lord your God.*

You shall worship him with awe and reverence.

**The precepts of the Lord are right.**

*Remember the Sabbath day, to keep it holy.*

You shall call the Sabbath a delight and the Day of the Lord honorable.

**The statutes of the Lord are trustworthy.**

*Honor your father and mother that it may go well with you.*

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

**Teach us knowledge and good judgement.**

*You shall not commit murder.*

Be reconciled to your neighbor; overcome evil with good.

**Turn my heart to Your decrees!**

*You shall not commit adultery.*

Know that your body is a temple of the Holy Spirit.

**I delight in Your commands.**

*You shall not steal.*

Be honest in all that you do and care for those in need.

**How I long for Your precepts.**

*You shall not be a false witness.*

Let everyone speak the truth.

**Keep me from deceitful ways.**

*You shall not covet anything which belongs to your neighbor.*

Remember the words of the Lord Jesus: It is more blessed to give than to receive. Love your neighbor as yourself, for love is the fulfilling of the law.

**Oh, how I love Your law – I will meditate on it all day long.**

This day I call heaven and earth as witnesses that I have set before you life and death, blessings and curses.

**We choose life!**

Let us proclaim our allegiance to God:

**Shma Israel, Adonai Eloheinu, Adonai ekhad. Barukh shem kavod malkhuto, le'olam va'ed.**

**Hear O Israel, the Lord is our God, the Lord alone. Blessed be His Name, whose glorious kingdom is forever.**

## Confession

Rend your heart and not your garments, return to the Lord your God; for He is gracious and merciful, slow to anger, and of great kindness, and He relents from doing harm.

**Have mercy upon me, O God, according to Your loving kindness; according to the multitude of Your tender mercies blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin. For I acknowledge my transgressions and my sin is always before me.**

The sacrifices of God are a broken spirit and a contrite heart – these You, our God, will not despise.

## Kyrie Eleison

Lord have mercy.

**Lord have mercy.**

Messiah have mercy.

**Jesus, son of David, have mercy.**

Lord have mercy.

**Jesus, son of David, have mercy.**

## Songs of Worship

### Ministry of the Word

### Declaration

Jesus of Nazareth suffered for us, leaving us an example, that we should follow in His steps.

He committed no sin, no guile was found on His lips. When He was reviled He did not revile in turn.

When He suffered, He did not threaten, but He trusted Himself to God who judges justly.

**The Messiah Himself bore our sins in His body on the tree, that we might die to sin and live to righteousness.**

By His wounds we have been healed, for we were like sheep going astray, but have now returned to the Shepherd and guardian of our souls.

Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning, is now and shall be forever.

## Intercessions

### Offertory and Hymn

#### The Peace

Being justified by faith, we have peace with God through our Lord Jesus.

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

Let us offer one another a sign of peace.

#### The Communion

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 Him thanks and praise.**

It is indeed right and just, our duty and our joy always and everywhere to give you thanks holy Father, almighty and eternal God, through Jesus the Messiah our Lord.

For, as the time of his passion and resurrection draws near, the whole world is called to acknowledge His hidden majesty. The power of the life-giving cross reveals the judgment

that has come upon the world and the triumph of the Son of Man crucified. He is the victim who dies no more, the Lamb once slain, who lives forever, our advocate in heaven to plead our cause.

Therefore with angels and archangels we proclaim Your great and glorious Name, forever praising You and singing:

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

**Holy, holy, holy Lord, God of power and might, blessed is He who comes in the Name of the Lord. Hosanna hosanna in the highest.**

Accept our praises, heavenly Father, through Your Son, our Saviour Jesus the Messiah; and as we follow His example and obey His command, grant that by the power of Your Spirit these gifts of bread and wine may be to us His body and His blood.

For in the same night that He was betrayed, He took bread; and give you thanks, *Blessed are You, O Lord our God, King of the universe who brings forth bread from the earth*, He broke it, gave it to His disciples, and said, "Take, eat; this is My body which is given for you. Do this in remembrance of Me."

Again, after supper He took the cup; He gave You thanks, *Blessed are You, O Lord our God, King of the universe, who creates the fruit of the vine*. He gave it to them, saying, "Drink this, all of you; for 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."

Great is the Mystery of faith:  
**Messiah has died; Messiah is risen;  
Messiah will come again. Lord Jesus  
come in Glory.**

Therefore, heavenly Father, with this bread and this cup we do this in remembrance of Him: we celebrate and proclaim His perfect sacrifice made once for all upon the cross, His resurrection from the dead, and His ascension into heaven; and we look for His coming in glory.

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 Spirit, inspire us with Your love, and unite us in the body of Your Son, Jesus the Messiah our Lord.

## Adoration

Great and wonderful are Your deeds, Lord God the Almighty.

Just and true are Your ways, O ruler of the nations. Who shall not revere and praise Your name, O Lord? For You alone are holy. All nations shall come and worship in Your presence: for Your just dealings have been revealed.

**To Him who sits on the throne and unto the Lamb be blessing and glory and honor and power forever.**

## The Lord's Prayer

As our Saviour has taught us, so we pray:

**Our Father in heaven,  
hallowed be Your name.**

**Your kingdom come, Your will be done, on earth as it is in heaven.**

**Give us this day our daily bread, and 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.**

## 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, **give us Your peace.**

Draw near with faith and receive the body and blood of Jesus the Messiah.

## Thanksgiving

**Almighty God, our Heavenly Father, we have sat at Your feet, learned from Your word and eaten from Your table. We give You thanks and praise for accepting us into Your family. Send us out with Your blessing to live and witness for You in the power of Your Spirit through Jesus, Your Anointed One. Amen.**

## Blessing

May Jesus of Nazareth 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.**