



A Service for Holy Communion

Opening Prayer

L: How hard we make things, O God,
how heavy the yoke we place on ourselves
through our insecurity and pride,
through our fear and unbelief,
through our denial and stagnation;
How threatening our world becomes
when we make life and joy depend on our own ability.

But, you have invited us to a different life, a deeper joy,
you have offered us a lighter yoke
if we will just stop for a moment
and follow you.

Thank you for your gently urgent whisper,
your softly persistent touch,
calling us to come, to rest,
and to lay down our self-imposed burdens;
With relief and hope we respond to your invitation,
gladly taking up your yoke,
joyfully lifting your burden,
and freely giving ourselves to you
in love, in praise and in service.

C: Amen.

Prayer written by John van de Laar from *Sacredise*.

L: The Lord be with you.

C: And also with you.

L: Lift up your hearts.

C: We lift them up to the Lord.

L: Let us give thanks to the Lord our God.

C: It is right to give our thanks and praise.

Words of Institution

The Lord's Prayer

L: Now let us pray the prayer our Lord Jesus Christ has taught us.

**C: 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,
forever and ever. Amen.**

*As you share the bread and wine/grape juice with one another,
you may say:*

L: The body of Christ, given for you.

L: The blood of Christ, shed for you.

Post-Communion Blessing

P: May the grace of our Lord Jesus Christ and the gifts of his body and blood strengthen, keep and unite us, now and forever.

C: Amen.

Benediction

P: The Lord bless you and keep you.
The Lord make his face shine on you and be gracious to you.
The Lord look upon you with favor and + give you peace.

C: Amen.