In the Bible, meals are places of communion -

meaning that they create or maintain bonds of partnership, friendship, and solidarity.

The Lord's Supper is the meal Christ has given to us, His Church,

that we may participate in Him and one another as His body.

As the apostle Paul writes, the bread which we break

is our common participation in the body of Christ,

and the cup which we bless is our common participation in the blood of Christ.

Here we are nourished with the true body and blood of our Lord,

and here we are truly made one body, for we partake of the one bread together.

Jesus calls upon us, all of us who are members of His body,

to partake of Him and to be bound to one another.

It is Christ Himself that we receive:

"This is My body," He said.

And it is all of us, the whole body, who do the receiving:

"Drink from it, all of you," He said of the cup at the Last Supper.

Or again, as the apostle Paul says,

all of us have been *baptized* into one body by the Holy Spirit, and so likewise all of have been made to *drink* of that one Spirit, so that the body created in baptism

is likewise nourished with spiritual food and drink.

This is why we who are many, partake of the one bread together; we come as God's people, young and old, to Christ's table.

We all *need* this table, because we all need this Christ.

And we all are *called* to this table, because we all belong to Christ.

"Let the little children come to Me," said our Lord,

and in the Supper, that is truly what we are doing: coming to Jesus Christ.

And so when we come, the little children come, for of such is the kingdom He brings.

This is our faith, and we confess that we belong to God, who gives Himself to us in this meal.

Let us, then, with the Church of all ages,

confess our faith in this gracious God who gives Himself to us, promising Himself to us and to our children, using the same lips by which we receive the bread and the wine to confess together our holy catholic faith, in the words of the _____ Creed.

Let us say with our hearts and with our voices....

O taste and see that the LORD is good; how blessed are those who take refuge in Him!

Bread

[Breaking] The bread which we break is our common participation

in the life-giving body of Christ.

Prayer: Our Father, who gives bread for our life,

we bless You that You cause us to live, not by bread alone,

but by the living Word and living Bread who has come down from heaven.

Amen.

[Distribution]

Take, eat, remember and believe that the body of our Lord Jesus Christ is given for you, for the remission of your sins and strength unto eternal life. [eat]

Wine

[Pouring] The cup which we bless is our common participation in the blood of Christ, through which we drink of the one Holy Spirit.

Prayer: Our Father, who gives wine to make glad the heart of man,

we bless You for the gladness You have given our hearts through Your Son,

whose blood was poured out for us, that we may drink of Him

and share in the abundant life of His Spirit. Amen.

[Distribution]

Take, drink, remember and believe that the precious blood of Christ was poured out for the remission of all your sins, so that drinking of Him, you may taste and see the goodness of your Lord, who blesses you with an eternal blessing. [drink]

Congregation, this feast of which we are about to partake

is a sign and a means of our fellowship and union with Christ.

Jesus said that we are to eat of His flesh and drink of His blood, and so partake of Him.

Our God is a jealous husband, who calls for us to be faithful to Him alone,

even as He is faithful to us.

Thus Paul writes concerning the table of the Lord in 1 Corinthians 10,

"Do we provoke the Lord to jealousy? Are we stronger than He?"

- reminding us that we cannot partake of the table of the Lord and of the table of demons.

So likewise Paul calls for the removal from table fellowship

of the man who has committed adultery with his father's wife.

"Your Maker is your husband," God says to Israel,

and the husband's table is to be a pure and holy table.

Yet, congregation, we do not come to this supper to testify

that we are perfect and righteous in ourselves,

but that we seek our life apart from ourselves in Jesus Christ.

Our Lord promises that as we eat the bread and drink the cup,

we are fed with His crucified body and shed blood.

To this end He gives us His life-giving Spirit,

through whom the body and blood of our Lord

become the life-giving nourishment of our souls.

Thus He unites us with Himself and so imparts the precious benefits of His sacrifice to all who partake in faith.

Therefore, let us come to the table as a pure Bride,

believing that our life is found only in our God and in Christ our mediator, confident that He will receive us gladly and graciously as we come in the faith and the faithfulness to which He has called us.

As a sign and token of that faith and faithfulness, then, let us, with the Church of all ages, confess our faith in this gracious God who gives Himself to us,

promising Himself to us and to our children,

using the same lips by which we receive the bread and the wine

to confess together our holy catholic faith,

in the words of the _____ Creed.

Let us say with our hearts and with our voices....

Our God says, "I am the Lord your God; open your mouth wide, and I will fill it."

Bread

[Breaking] The bread which we break is our common participation

in the life-giving body of Christ.

Prayer: Our Father, who gives bread for our life,

we bless You that You cause us to live, not by bread alone,

but by the living Word and living Bread who has come down from heaven.

Amen.

[Distribution]

Take, eat, remember and believe that the body of our Lord Jesus Christ is given for you, for the remission of your sins and strength unto eternal life. [eat]

Wine

[Pouring] The cup which we bless is our common participation in the blood of Christ, through which we drink of the one Holy Spirit.

Prayer: Our Father, who gives wine to make glad the heart of man,

we bless You for the gladness You have given our hearts through Your Son,

whose blood was poured out for us, that we may drink of Him

and share in the abundant life of His Spirit. Amen.

[Distribution]

Take, drink, remember and believe that the precious blood of Christ was poured out for the remission of all your sins, so that drinking of Him, you may find life in Him. [drink]

Beloved in the Lord, our feast together at this table

forms and marks out the body of our Lord Jesus Christ in this world.

For the apostle Paul says,

"Since there is one bread, we who are many are one body, because we partake of the one bread."

For as out of many grains one meal is ground and one bread baked, and out of many berries, pressed together, one wine and drink flows and mixes together,

so too, when we share this table, God places His stamp upon us as His people, and forms us as the body of our Lord Jesus Christ as we feed upon Him.

Because of this, the apostle also calls upon us to discern this body that is formed at this table, that we honour one another as the body of Christ, and thus honour Christ, who is its Head.

So also our Lord instructs and warns us that when we wish to make our offering upon the altar, but remember that our brother has something against us,

that we are to be set right with our brother before we offer our gift.

For the one who feasts at the table of Christ's peace

must live in peace with Christ's people.

For the one who blesses Christ's covenant people will be blessed, and the one who curses Christ's covenant people will be cursed.

We therefore have come to this feast

to receive, celebrate, and further the peace and reconciliation which our Lord Jesus Christ has won for us through His death.

As a sign and token of our fidelity to Christ and His peace, then,

let us, with the Church of all ages,

confess our faith in the God of peace who has bound us together in a common faith, which we affirm together in the words of the _____ Creed.

[Let us say with our hearts and with our voices....]

All of you who were baptized into Christ have put on Christ; and if you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

As heirs together of such gracious promises,

let us come to Christ's table, pursuing the things which make for peace, honouring the weak, and discerning the body into which God by grace has engrafted us.

Bread

[Breaking] The bread which we break is our common participation

in the life-giving body of Christ.

Prayer: Our Father, who gives bread for our life,

we bless You that You cause us to live, not by bread alone,

but by the living Word and living Bread who has come down from heaven.

Amen.

[Distribution]

Take, eat, remember and believe that the body of our Lord Jesus Christ is given for you, for the remission of your sins and strength unto eternal life. [eat]

Wine

[Pouring] The cup which we bless is our common participation in the blood of Christ, through which we drink of the one Holy Spirit.

Prayer: Our Father, who gives wine to make glad the heart of man,

we bless You for the gladness You have given our hearts through Your Son, whose blood was poured out for us, that we may drink of Him

and share in the abundant life of His Spirit. Amen.

[Distribution]

Take, drink, remember and believe that the precious blood of Christ was poured out for the remission of all your sins, so that drinking of Him, you may find life in Him. [drink]

Beloved in the Lord, on the night He instituted this festive meal for us, Jesus taught us to do this "in remembrance" of Him - literally, "as My memorial."

When our Lord said "Do this in remembrance of Me," He ordained this holy Supper as a constant memorial and visible proclamation of His death.

The apostle Paul also teaches us that as often as we eat the bread and drink the cup, we "proclaim the Lord's death."

This holy Supper, therefore, is a memorial of Jesus and His work before the Father.

That work finds its great culmination in Jesus' self-offering unto death.

In that death, Jesus became the spotless lamb whose blood covers His people, just as the slaying of the Passover lamb spared the firstborn of Israel. As Jesus bears witness concerning this Supper, this is the blood of the covenant, which was poured out for many for the forgiveness of sins.

And in that death, Jesus acted also as a mighty warrior, treading out the winepress as the Servant of the LORD,

acting as God alone can act to bring salvation and deliverance to His people.

In the holy Supper, we memorialize that self-offering and that act of deliverance, so that God the Father will bring to mind Christ's work on our behalf, commune with us on the basis of the peace that Christ's sacrifice has brought, and enthrone us as priests and kings on the basis of Christ's victory and deliverance.

As we partake of this communion Supper, therefore, we bear witness that our Lord Jesus was sent by the Father into the world, that He took upon Himself our flesh and blood, and that He bore the wrath of God on the cross for us.

We also confess that He came to earth to bring us to heaven; that He was condemned to die that we might be pardoned; that He endured the suffering and death of the cross that we might live through Him; and that He was once forsaken by God that we might forever be accepted by Him.

In view of this, we are called to prove ourselves, and so eat of this table.

We come as approved members of Christ to this table when we walk with Him and with one another in peace, honouring the blood which has bought us by discerning the body which has been bought.

As those who seek to be remembered by God in this memorial of Christ, that God the Father may remember, not our own sins against us, but the covenant He has made with us for the sake of His Son, let us identify ourselves with Christ and with His Church of all ages, by confessing our common faith in the words of the _____ Creed.

[Let us say with our hearts and with our voices....] [Creed]

Beloved in Christ,

What shall we render to the LORD for all His benefits toward us?

We will take up the cup of salvation, calling upon the name of the LORD, paying our vows to the LORD in the presence of His people,

Remembering His salvation and being remembered by the God who remembers His gracious covenant with us and upholds it forever.

Bread

[Breaking] With this bread which we break, we proclaim the body of Christ, which He has given for us.

Prayer: Our Father, who gives bread for our life,

we bless You that You have given Your Son for our sakes, and that You remember His bloody death on our account.

Amen.

[Distribution]

Take, eat, remember and believe that the body of our Lord Jesus Christ is given for you, for the remission of your sins and fellowship in eternal life. [eat]

Wine

[Pouring] With this cup which we bless, we proclaim the blood of Christ, which was poured out for many, for the forgiveness of sins.

Prayer: Our Father, who gives wine to make glad the heart of man,

we bless You for the ransom You have provided through the blood of Your Son,

that in our drinking of Him

we may be remembered for blessing

rather than for the judgment which our sins rightly deserve. Amen.

[Distribution]

Take, drink, remember and believe that the precious blood of Christ was poured out for the remission of all your sins, so that drinking of Him, you may find salvation and life. [drink]

God Himself gives wine to gladden the heart of man, the Scriptures teach us.

And Jesus our Redeemer, too, has come to make us glad.

He says that He came to give life, and that more abundantly.

And to prove it, He went to a wedding feast,

and turned water into wine when the wine had run out.

He equipped people to celebrate.

It should not be strange to think that joyous feasting is appropriate for Jesus, and for us with Him.

In the parable of the prodigal son, upon the son's return,

Jesus puts these words into the mouth of the joyful father, speaking to the elder brother:

"It was right that we make merry and be glad,

for this brother of yours was dead but has been made alive again."

Brothers and sisters, we were indeed dead but have been made alive again

through the self-giving life and death of our Lord Jesus Christ.

And therefore, celebration - making merry and being glad - are right.

It is what God the Father wishes and desires;

and it is what He summons us to when He invites us to this table.

For this table truly is "the Eucharist" - meaning, the thanksgiving.

That wedding feast where Jesus made wine

looks forward to another wedding feast that is coming.

On the night He instituted this Supper we share today, Jesus told His disciples

that He would drink this cup anew with us in His Father's kingdom.

And so, in this feast we proclaim the Lord's death until He comes -

and at that time, there will be another, greater wedding feast,

where the wine will never run out and the joy never cease.

Hence, as we commune with Christ now under the veil of these earthly elements,

we are assured that we shall sometime behold Him face to face

and rejoice in the glory of His appearing.

Our Lord Jesus will surely do what He has promised;

and as we draw near to His table, He will indeed strengthen us in faith, unite us in love, and establish us more firmly in the joyous hope of His coming.

Beloved in Christ, this is the Eucharist, the thanksgiving.

True thanksgiving is joyful.

Let us therefore come to this table with that true thanksgiving,

and with a joyful anticipation that looks forward to the new wine

which we will finally share with Jesus in the Father's kingdom.

As those made joyful by the life-bringing life and death of Christ,

we delight in the gift of life which Jesus has brought to the Church down through the ages

- life given by grace through faith.

Let us join with that one holy catholic Church, in the confession of that apostolic faith through the words of the _____ Creed. **[Creed]**

Table Service

Our Lord says, "Open your mouth wide and I will fill it." He is eager to give us life and joy.

Let us therefore not come to this table in despair, nor in joylessness,

but in the joy and thanksgiving

which is right for those who have been dead but are alive again.

Bread

[Breaking] With this bread which we break, we proclaim the body of Christ,

which He has given for us.

Prayer: Our Father, who gives bread for our life,

we bless You that You have given Your Son for the life of the world.

Amen.

[Distribution]

Take, eat, remember and believe that the body of our Lord Jesus Christ is given for you,

for the remission of your sins,

and that eating of Him you may know

that He will raise you up at the last day. [eat]

Wine

[Pouring] With this cup which we bless, we proclaim the blood of Christ,

which was poured out for many, for the forgiveness of sins.

Prayer: Our Father, who gives wine to make glad the heart of man,

we bless You that You have made us glad

through the blood of Your Son,

and that You have secured us a place to drink this fruit of the vine,

new with Your Son in Your coming kingdom. Amen.

[Distribution]

Take, drink, remember and believe that the precious blood of Christ was poured out for the remission of all your sins,

to provide you with abundant life unto the eternal kingdom of His Father. [drink]

God the Father has sent His Son Jesus Christ to be the bread of life, given for the life of the world.

And Jesus assures us that when we come to Him as the living bread, He will by no means cast us out.

We are hungry and thirsty.

In coming to the table of the Lord, we confess that we have no sufficiency in ourselves; that He by His grace is the One who fills us with every good thing. He calls us to hunger and thirst after righteousness;

He also assures us that as we so hunger, we shall be filled. He calls us to taste and see that He is good, and that the one who takes refuge in Him is blessed.

As we thus commemorate the death of Jesus Christ, we are assured that He will truly nourish and refresh us with His crucified body and shed blood to everlasting life.

As those who share in that assurance,

let us confess our faith together	with the Church of all ages,
with the same lips by which we	receive the bread and the wine
also speaking together our holy catholic faith,	
in the words of the	Creed.

Let us say with our hearts and with our voices....

Our Lord says:

Ho! Everyone who thirsts, come to the waters;

and you who have no money, come, buy, and eat.

Yes, come, buy wine and milk without money and without price....

Listen diligently to Me, and eat what is good,

and let your soul delight itself in abundance.

According to our Lord's counsel and command, we do listen, and we come to this table to eat what is good and to delight in its abundance.

Bread

[Breaking] The bread which we break is our common participation

in the life-giving body of Christ.

Prayer: Our Father, who gives bread for our life,

we bless You that You cause us to live, not by bread alone,

but by the living Word and living Bread who has come down from heaven.

Amen.

[Distribution]

Take, eat, remember and believe that the body of our Lord Jesus Christ is given for you, for the remission of your sins and strength unto eternal life. [eat]

Wine

[Pouring] The cup which we bless is our common participation in the blood of Christ,

by which He quenches our thirst and makes us glad.

Prayer: Our Father, who gives wine to make glad the heart of man,

we bless You for the gladness You have given our hearts through Your Son,

whose blood was poured out for us, that we may drink of Him

and share in the abundant life of His Spirit. Amen.

[Distribution]

Take, drink, remember and believe that the precious blood of Christ was poured out for the remission of all your sins, so that drinking of Him, out of you will flow rivers of living water. [drink]