

# Holy Trinity West Bromwich



Come to me,  
all who are weary and burdened,  
and I will give you rest for your souls  
Matthew 11:28

# Receiving Communion during Covid19

Please remain seated and the bread and wine will be brought to you.

Please do not touch hands with the person distributing bread and wine.

Please do not eat or drink until bread and wine has been distributed to everyone, as written in 1 Corinthians 11:33,

“So then, my brothers and sisters, when you gather to eat, you should all eat together.”

## Summary of the Law

God spoke these words and said:

"I am the Lord your God

you shall have no other gods but me.

Do not worship idols or created things.

Do not take my name in vain.

Remember the Sabbath day and keep it holy.

Honour your father and mother."

**Lord have mercy upon us,  
and give us the desire to keep these laws.**

“You shall not murder

You shall not commit adultery

You shall not steal

You shall not lie

You shall not covet”

**Lord have mercy upon us  
And write all these your laws in our hearts.**

## **Examining ourselves before receiving Communion**

Dearly beloved in the Lord, as we come to the Holy Communion of the body and blood of our Saviour Christ, remember that the Apostle Paul exhorts every one to examine themselves, not eating and drinking as if we are entitled or deserving.

If we eat and drink with a truly humble, contrite and broken heart with living faith in Christ, we will spiritually eat and drink His flesh and blood and be united to him, He will live in us and we in Him.

Remember the great love which Jesus had for you as he gave himself on the cross for you for the forgiveness of sin so that you can change your life and live in perfect peace and charity with all people.

Jesus has given us this meal as a great comfort to us, reminding us of what he won for us on the cross, forgiveness and mercy, and by which he calls us to live holy, righteous and peaceful lives to the glory of his name.

You then, who truly and earnestly repent of your sins,  
and are in love and charity with your neighbours,  
and intend to lead a new life,  
following the commandments of God,  
and walking from this day forward in his holy ways:  
draw near with faith,  
and take this holy sacrament to your comfort;  
and make your humble confession to almighty God.

*Silence is kept*

## **Confessing our sin to God**

**Almighty God, Father of our Lord Jesus Christ,  
maker of all things, judge of all people,  
we acknowledge and lament our many sins  
and the wickedness we have committed time after time,  
by thought, word and deed against your divine majesty.  
We have provoked your righteous anger  
and your indignation against us.  
We earnestly repent,  
and are deeply sorry for these our wrongdoings;  
the memory of them weighs us down,  
the burden of them is too great for us to bear.  
Have mercy upon us, have mercy upon us, most merciful Father.  
For your Son our Lord Jesus Christ's sake,  
forgive us all that is past; and grant that from this time forward  
we may always serve and please you in newness of life,  
to the honour and glory of your name;  
through Jesus Christ our Lord. Amen.**

Almighty God, our heavenly Father,  
who in His great mercy has promised forgiveness of sins  
to everyone who with heartfelt repentance and true faith  
turns to Him: have mercy upon us;  
pardon and deliver us from all our sins;  
confirm and strengthen us in all goodness;  
and bring us to everlasting life;  
through Jesus Christ our Lord. **Amen.**

## **Being comforted by the words of God**

Jesus says to everyone who turns to him, "Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish but have eternal life. John 3.16

The apostle Paul says:

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners. 1 Timothy 1.15

The apostle John also says:

If anybody does sin, we have one who speaks to the Father in our defence - Jesus Christ, the Righteous One. He turns away the wrath of the LORD by His sacrifice for our sins. 1 John 2.1-2

## **Coming to communion at the invitation of Jesus**

Lift up your hearts.

**We lift them up 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, our duty and our joy,

at all times and in in all places,

to give you thanks and praise, holy Father, heavenly King,

Almighty and eternal God.

because you gave your only Son Jesus Christ to be born for us.

By the work of the Holy Spirit he was made man,

born of the virgin Mary his mother;

But without sin, to make us clean from all sin.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
forever praising you, and saying:  
**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory. Hosanna in the highest.**

## **Prayer of Humble Access**

**We do not presume to come to this your table,  
merciful Lord, trusting in our own righteousness,  
but in your abundant and great mercies.**

**We are not even worthy  
to gather up the crumbs under your table.**

**But you are the same Lord,  
who delights in showing mercy.**

**Grant us, therefore, gracious Lord,  
so to eat this bread and drink this wine  
that our bodies and souls  
may be cleansed by Christ's body and blood  
and that we may evermore dwell in him,  
and he in us. Amen.**

Almighty God, our heavenly Father,  
who, in your tender mercy,  
gave your only Son our Saviour Jesus Christ  
to suffer death upon the cross for our redemption;  
who made there by his one oblation of himself once offered  
a full, perfect and sufficient sacrifice, oblation and satisfaction  
for the sins of the whole world;  
He instituted, and in his holy gospel commanded us to continue,  
An ongoing memory of his precious death until he comes again.

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 when he had given 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.

**Amen.**

May the body of our Lord Jesus Christ, which was given for you, preserve your body and soul to eternal life. Take and eat this in remembrance that Christ died for you and feed on him in your heart by faith with thanksgiving.

May the blood of our Lord Jesus Christ, which was shed for you, preserve your body and soul to eternal life. Drink this in remembrance that Christ's blood was shed for you and be thankful.

**Almighty and everliving God,  
we thank you for reassuring us at this communion  
of your favour and goodness towards us;  
that we are truly members of the body of your Son;  
and that we are also heirs, through hope,  
of your eternal kingdom.**

**We humbly beg you, heavenly Father,  
to keep us as faithful members of your church  
and to strengthen us by your Spirit  
so that we may fulfil those good works  
which you have prepared for us to do;  
through Jesus Christ our Lord. Amen.**