

Home Communion

Sunday 31st January 2021

The 4th Sunday of Epiphany

In the Gym - “Exercising Contentment”

Introduction

Prayer of Preparation

All **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.

WHAT A FRIEND WE HAVE IN JESUS

All our sins and griefs to bear
What a privilege to carry
Everything to God in prayer
Oh, what peace we often forfeit
Oh, what needless pain we bear
All because we do not carry
Everything to God in prayer

Have we trials and temptations?
Is there trouble anywhere?
We need never be discouraged
Take it to the Lord in prayer
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness
Take it to the Lord in prayer

Are we weak and heavy laden,
cumbered with a load of care?
Precious Saviour, still our refuge--
take it to the Lord in prayer!
Do thy friends despise, forsake thee?
Take it to the Lord in prayer!
In his arms he'll take and shield thee;
Thou wilt find a solace there.

Confession

**Father God, I am sorry for the things I have done wrong in my life.
I am sorry that I hurt others and myself.
Please forgive me for all that I do wrong.
Thank you that Jesus came to rescue me from the mess I get
myself into.
Thank you that he took the punishment I deserve.
I want to follow Jesus, please refill me with your Holy Spirit
and help me to live for you. Amen.**

Absolution

COLLECT FOR THE 4th SUNDAY OF EPIPHANY

**God of heaven,
you send the gospel to the ends of the earth
and your messengers to every nation:
send your Holy Spirit to transform us
by the good news of everlasting life
in Jesus Christ our Lord AMEN**

Reading – Genesis 4 (2-16)

This is the word of the Lord
All Thanks be to God

Talk

Prayers

The Peace

The Communion

The Lord is here.

His Spirit is with us.

Lift up your hearts.

All We lift them to the Lord.

Let us give thanks to the Lord our God.

All It is right to give thanks and praise.

It is right to praise you, Father, Lord of all creation; in your love you made us for yourself. When we turned away you did not reject us, but came to meet us in your Son.

All You embraced us as your children and welcomed us to sit and eat with you.

In Christ you shared our life that we might live in him and he in us.

All He opened his arms of love upon the cross and made for all the perfect sacrifice for sin.

On the night he was betrayed, at supper with his friends he took bread, and gave you thanks; he broke it and gave it to them, saying: Take, eat; this is my body which is given for you; do this in remembrance of me.

All Father, we do this in remembrance of him: his body is the bread of life.

At the end of supper, taking the cup of wine, he gave you thanks, and said: Drink this, all of you; this is my blood of the new covenant, which is shed for you for the forgiveness of sins; do this in remembrance of me.

All Father, we do this in remembrance of him: his blood is shed for all.

As we proclaim his death and celebrate his rising in glory, send your Holy Spirit that this bread and this wine may be to us the body and blood of your dear Son.

All As we eat and drink these holy gifts make us one in Christ, our risen Lord.

With your whole Church throughout the world we offer you this sacrifice of praise and lift our voice to join the eternal song of heaven:

All Holy, holy, holy Lord, God of power and might, Heaven and earth are full of your glory. Hosanna in the highest.

Let us pray with confidence as our Saviour has taught us

**All 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,
the power and the glory,
for ever and ever. Amen.**

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.

ALL I ONCE HELD DEAR, BUILT MY LIFE UPON,
All this world reveres, and wars to own
All I once thought gain I have counted loss
Spent and worthless now, compared to this

*Knowing You Jesus, knowing You
There is no greater thing
You're my all You're the best
You're my joy my righteousness
And I love You Lord*

Now my heart's desire is to know You more
To be found in You and known as Yours
To possess by faith what I could not earn
All-surpassing gift of righteousness

Oh, to know the power of Your risen life,
And to know You in Your sufferings
To become like You in Your death my Lord
So with You to live and never die.

The Final Blessing