

5. Behold the Lamb of God

The Communion Rite

The Body of Christ.
Amen.



In spirit and in truth
material for small groups

Listen to Scripture

Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?' They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions who said to them, 'The Lord has indeed risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

Luke 24:30-35

Read & Reflect 1

1. Lord's Prayer

At the Saviour's command
and formed by divine teaching,
we dare to say:

**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.**

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

**For the kingdom,
the power and the glory are yours
now and for ever.**

Read & Reflect 2

2. Invitation to Communion

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

For Discussion 2

- How do the scriptural allusions help form our understanding?
- Where do we — personally, as a community, in the wider Church, and the world — need healing?
- In what ways do the texts point us towards future hopes?
- How does all this prepare us to receive Holy Communion?

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Read & Reflect 3

3. Communion

The Communion procession expresses the humble patience of the poor moving forward to be fed, the alert expectancy of God's people sharing the Paschal meal in readiness for their journey, the joyful confidence of God's people on the march toward the promised land... All signs of discrimination or distinctions among persons at the Lord's table are to be avoided.

When Communion is completed, the whole assembly may observe a period of total silence. In the absence of all words, actions, music, or movement, a moment of deep corporate stillness and contemplation may be experienced. Such silence is important to the rhythm of the whole celebration and is welcome in a busy and restless world.

Celebrating the Mass, 210, 211, 215

For Discussion 3

- How do you experience processing to Communion?
- What does the silence offer?

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Act

- Take a phrase from the Our Father – to meditate on this week, and try to consciously live it. In what ways do you share your life with others?

Prayer

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, ‘Lord, teach us to pray, as John taught his disciples.’ He said to them, ‘When you pray, say:

Father, hallowed be your name.
Your kingdom come.
Give us each day our daily bread.
And forgive us our sins,
for we ourselves forgive everyone indebted to us.
And do not bring us to the time of trial.’

Luke 11:1–4