



# Messy Communion

From [www.messychurch.org](http://www.messychurch.org), a liturgy bridging traditional and Messy Church.

This unit is a stand-alone session, designed to explore the significance of the sacrament of Holy Communion, but also for use in Holy Communion taking place at Messy Church.

*Messy Church 2* by Lucy Moore ISBN 9780857 462305, unit 15 page 200. Or the session can be downloaded here: [www.brfonline.org.uk/session-material/](http://www.brfonline.org.uk/session-material/) for 99p!

## AIMS AND OUTCOMES

- To enjoy a service of Holy Communion together
- This is a work in progress, the authors and those already using it think it could benefit from further changes e.g. some words/phrases get into 'church speak' in parts. Some parts could be simplified, but it might prove a good starting point for you as you try to make the service more child and family friendly.

## Bible background

(Matthew 26:17-30; Luke 22:19-20; 1 Corinthians 11 :23-26)

'Jesus gave his followers the gift of a meal by which to remember his death and resurrection, a meal he first shared with his close friends just before he died. The early Church evidently carried on celebrating it together, as we see in 1 Corinthians 11 :23-26. Today, Christians at different points on their spiritual journey share it, enjoy it and understand it in different ways and for different reasons. Jesus invited his followers to remember him through this meal (Luke 22: 19-20 )and the Church continues to extend that invitation. The bread and wine have remained an effective and tangible sign of Jesus' love for over 2000 years. ' Lucy Moore

## THE LITURGY

### PRAYER OF GREAT THANKSGIVING FOR USE WITH CHILDREN

I pray that the Lord may be with you.

*And also with you.*

I invite you to lift up your hearts.

*We lift them up unto the Lord.*

Lord our God,

*We give you thanks and praise.*

God our Father, you have brought us here together so that we can give you thanks and praise for all the wonderful things you have done. You are always thinking about your people; you never forget us. You sent your Son Jesus to us. He cured sick people; he cared for those who were poor; he forgave sinners and taught us to forgive each other. Jesus gave his life for us and came to save us.



[Optional content: All over the world your people praise you. In heaven the apostles and all the saints sing your praise. Now we join with them and with the angels to adore you as we sing:

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

And now we thank you for these gifts of bread and wine. Send your Holy Spirit upon us and upon these gifts, so that we who receive them, as Jesus said, share his body and his blood.

On the night before he died, Jesus was having supper with his disciples. He took bread from the table. He gave you thanks, he broke the bread, and gave it to his friends, and said: 'Take this, all of you, and eat. This is my body which is given for you.'

After supper, he took a cup of wine, said the blessing, gave it to his friends, and said: 'Drink this, all of you. This is the cup of my blood, the blood of the new and everlasting covenant, which is shed for you and for many, so that sins may be forgiven.'

We do now what Jesus told us to do. We remember his death and resurrection, by which we are saved. We offer you, heavenly Father, through the Holy Spirit, our praise and heartfelt thanks.

*Blessing and honour and glory and power  
are yours forever and ever. Amen*

Let us pray.

*Our Father in heaven,  
hallowed be your name, your kingdom come,  
your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Save us from the time of trial and deliver us from evil.  
For the kingdom, the power and the glory are yours,  
now and forever. Amen*

We break this bread to share in the body of Christ. I invite you to share with me in this sacrament of Jesus' body and blood.

*Come, let us celebrate together.*