

Communion Service: 15 August 2021 – “Life Giving”

Opening Prayer

Jesus, our living bread,
we have an appetite for you,
and we come wanting to feed on your word.
Jesus, you offer life to the world,
eternal life, raising us up on the last day.
Keep us hungry for you,
with the anticipation of a feast
of the finest food – food that brings life.
Amen.

Notices

- From now until 22 August, special resources in Mulbarton Church to help us say and pray our goodbyes: ataloss.org
- Sarah and Dave wedding, Sat 21 August (7 weddings in next 10 weeks – prayers please)
- Giving and Church Finances – diocesan and benefice reviews: cuts coming
- Cycle Ride, Sat 11 Sep: to sponsor, visit mulbchurch.org.uk
- Open the Book – team members needed! Please talk to Adrian
- Hanover Services Recommencing: 2nd Thursdays now; 4th Sundays in September
- Paul Riches 60th birthday – gifts welcome

I raise a hallelujah

I raise a Hallelujah
In the presence of my enemies
I raise a Hallelujah
Louder than the unbelief

I raise a Hallelujah
My weapon is a melody
I raise a Hallelujah
Heaven comes to fight for me

*I'm gonna sing
In the middle of the storm
Louder and louder
You're gonna hear my praises roar
Up from the ashes, hope will arise
Death is defeated, the King is alive*

I raise a Hallelujah
With everything inside of me
I raise a Hallelujah
I will watch the darkness flee

I raise a Hallelujah
In the middle of the mystery
I raise a Hallelujah
Fear, you lost your hold on me

Chorus

Sing a little louder
In the presence of my enemies
Sing a little louder
Louder than the unbelief
Sing a little louder
My weapon is a melody
Sing a little louder
Heaven comes to fight for me

Sing a little louder
In the presence of my enemies
Sing a little louder
Louder than the unbelief
Sing a little louder

My weapon is a melody
Sing a little louder
Heaven comes to fight for me
Sing a little louder

I'm gonna sing
In the middle of the storm
Louder and louder
You're gonna hear my praises roar
Up from the ashes, hope will arise
Death is defeated, the King is alive

Songwriters: Jonathan David Helser / Melissa Helser / Jake Stevens / Molly Skaggs
Raise a Hallelujah lyrics © Bethel Music Publishing

Saying Sorry

Father God, we are sorry for the things we do and say and think which make you sad, and for not thinking of others before ourselves.

Please forgive us, and help us to love you and other people more and more.

Amen.

Receiving Forgiveness

May God who loved the world so much that he sent his Son to be our Saviour, forgive us our sins, and make us holy to serve him in the world, through Jesus Christ our Lord.

Amen.

Let's Talk About Food...

- Quick questions to demonstrate that we all have definite opinions about our food. 'Hands up; who prefers...'

Coffee or tea? Lunch or dinner/dinner or tea? Main course or pudding? Sweet or savoury?
Starter or dessert? Eating out or at home? Two-course or three? £5 for one course or £6 meal deal?

- Extend the conversation beyond the food itself. What do we want from our food? Comfort? Nourishment? Value for money? If Jesus is the bread of life, what do we want from him? What do we expect when we worship him? Comfort? Nourishment? Value for money?
- We understand that a mixed diet is good for us, in our eating and in life generally. What about in our worship? Is our spiritual diet good for us? Is it appetising to others? How does it compare with other multimedia diet options out there? Whatever delights may be set out on our table, the basic ingredient needs to be Jesus, the bread of life. What does it mean to you that Jesus is your living bread?

John 6:51-58 (NIV)

⁵¹ I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

⁵² Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?"

⁵³ Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink

his blood, you have no life in you.

⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵ For my flesh is real food and my blood is real drink. ⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷ Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. ⁵⁸ This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.”

I like bananas

I like bananas

I know that mangoes are sweet

I like papayas (PAPAYAS!)

But nothing can beat

The sweet sweet love of God (x2)

I was walking round in circles five miles an hour
Trying to find the way back to my heavenly Father
The world tasted sweet, but then it turned sour
Then I asked Him in and I received His power
1,2, 1,2,3...

Talk: Adrian

John 6 records how Jesus' teaching mystified the Jewish listeners, and it is still difficult for us today. Eating his flesh and drinking his blood? Cannibalism?! And our readings have focused on this for 4 weeks now, just as John 6 itself labours the point, so has our lectionary. Some people see links to communion, which we're about to share. But there is something very simple and deeply important here, and possibly unsettling...

Bread is a symbol of the absolute essential. The staple food. Other things are optional extras, but this is the core. So one part of the message is surely that we need Jesus. Our vision to be following Jesus reflects this. Our lives can be very different and varied, but one thing we have in common is that Jesus matters to us. He is the foundation, the staple food, the absolute necessity. His example, his teaching, and that personal relationship with him in the every day, moment by moment.

The other simple core message, it seems to me, is that Jesus wants to be a part of us. He doesn't want to be admired from a distance. He wants us to take him into our lives in a way that Jesus becomes core to who we are, to how we think, to what we do. It's the difference between watching a great chef on TV cook a delicious looking meal, and nodding in approval – and actually eating food. Or to use a different analogy, the difference between looking at a fabulous piece of artwork and admiring it from a distance – or, like Mary Poppins and co, jumping into the picture and becoming part of it and its story ourselves. That means, we don't just read or listen to the Scriptures, and admire their poetic beauty and theological insights – we engage with the person of Jesus Christ in a personal way – carving regular time simply to be with Jesus.

Sometimes, we find ourselves needing to be quite intentional about chasing Jesus, about taking him into ourselves, making him a part of us. All sorts of things can draw us away. The challenge is to do that authentically. Tired Christian clichés don't cut it when what we need as human beings is real connection with the One who made us and visited this planet 2000 years ago in order to save us.

We're going to listen to a song now that tries to capture something of that pursuit of Jesus, whatever life has brought. I personally find one or two things a bit clichéd in this, but happy to overlook it because I think Philippa has got something really important. I confess I don't always feel like I want to do this, but I recognise it is ultimately what I need, so good to be reminded. Let's listen, and later when we do eat bread dipped in wine, let's see that as an act of pursuit to take Jesus into ourselves in whatever lies ahead for us.

Run to You: Philippa Hanna

This heart of mine, it's seen a thousand battles
And bears the marks made by a thousand arrows
Each one, each time buried a little deeper
It took some time for me to finally see You
The pain, the scars, they always had a reason
Your ways, Your power is perfect in my weakness

*So when I feel like I'm overcome
When my fears got me on the run*

*I'm gonna run to You (o-oh, o-o-oh, o-oh, o-oh)
I'm gonna run to You (o-oh, o-o-oh, o-oh, o-oh)
You're the One that I put my hope in (o-oh, o-oh)
You're the hope for the heart that's broken
I'm gonna run to You*

*O-oh, o-o-oh, o-oh, o-oh
O-oh, o-o-oh, o-oh, o-oh*

You took each stone and turned it as a weapon
To break my bones, began to build Your kingdom
I've been designed out of the ash and ruin

[Chorus]

When I am weak, I know I'm strong
I know Your love is holding on
When I am weak, I know I'm strong
So when I feel like I'm overcome
When my fears got me on the run

[Chorus]

You're the One that I put my hope in

The Profession of Faith:

Brothers and sisters, I ask you to profess the faith of the Church.

Do you believe and trust in God the
Father, source of all being and life,
the one for whom we exist?

All: We believe and trust in him.

Do you believe and trust in his Son,
Jesus Christ, who redeemed the world?

All: We believe and trust in him.

Do you believe and trust in his Holy Spirit, who gives life to the people of God?

All: We believe and trust in him.

This is the faith of the Church.

All: This is our faith.

**We believe and trust in one God,
Father, Son and Holy Spirit.**

Amen.

Our Prayers: Sue

Behold the Lamb

Behold the Lamb who bears our sins away,
Slain for us: and we remember:
The promise made that all
who come in faith
Find forgiveness at the cross.
So we share in this Bread of life,
And we drink of His sacrifice,
As a sign of our bonds of peace
Around the table of the King.

The body of our Saviour, Jesus Christ,
Torn for you: eat and remember
The wounds that heal,
the death that brings us life,
Paid the price to make us one.
So we share in this Bread of Life,
And we drink of His sacrifice
As a sign of our bonds of love
Around the table of the King.

The blood that cleanses every stain of sin,
Shed for you: drink and remember
He drained death's cup that all may enter in
To receive the life of God.
So we share in this Bread of Life,
And we drink of His sacrifice,
As a sign of our bonds of grace
Around the table of the King.

And so with thankfulness and faith
We rise to respond: and to remember
Our call to follow in the steps of Christ
As His body here on earth.
As we share in His suffering,
We proclaim: Christ will come again!
And we'll join in the feast of heaven
Around the table of the King.

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Holy Communion

The Lord is here.
His Spirit is with us.

Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
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.
**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.
**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.
**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.
**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.
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:

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

**The Lord's Prayer
Our Father in heaven**

Receiving Bread and Wine

Guide me, O thou great Redeemer

Guide me O Thou Great Redeemer
Pilgrim through this barren land
I am weak but Thou art mighty
Hold me with thy powerful hand
Bread of heaven
Feed me now and evermore

Open now the crystal fountain
Whence the healing streams do flow
Let the fiery cloudy pillar
Lead me all my journey though
Strong Deliverer
Be Thou still my strength and shield

When I tread the verge of Jordan
Bid my fears subside
Death of death

**hallowed be your name.
Your Kingdom come,
your will be done
on earth as it is in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom,
the power and glory are yours
now and forever.
Amen.**

Every time we eat this bread
and drink this cup.
**We proclaim the Lord's death
until he comes.**

And hell's destruction
Land me safe on Canaan's side
Songs of praises
I will ever give to thee

Closing Blessing

Now may the peace of God,
which passes understanding,
keep your hearts and minds in the knowledge and love of God and of His Son, Jesus Christ our
Lord, the bread of life.

And the blessing of God almighty,
the Father, the Son and the Holy Spirit,
be among you and remain with you,
now and always. **Amen.**