

# **Resource Sheet 45**

## **Holy Communion**

**Starter:**

**Reading:**

We entrust to You, loving Master, our whole life and hope, and we beseech, pray, and implore You: Grant us to partake of Your heavenly and awesome Mysteries from this sacred and spiritual table with a clear conscience for the remission of sins, the forgiveness of transgressions, the communion of the Holy Spirit, the inheritance of the Kingdom of Heaven, and boldness before You, not unto judgment or condemnation.<sup>1</sup>

**Reading:**

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for life eternal. Amen. How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Receive me today, Son of God, as a partaker of Your mystical Supper. I will not reveal Your mystery to Your adversaries. Nor will I give You a kiss as did Judas. But as the thief I confess to You: Lord, remember me in Your kingdom.<sup>2</sup>

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshipping the undivided Trinity, for the Trinity has saved us.

**Activity:**

Fill in the omitted words and expressions:

Whole Liturgy leads up to the receiving of ..... “With the fear of God, with faith and with love draw near,” it is our invitation to receive Jesus Christ. The liturgy isn’t over until next ..... Our worship and Liturgy continues as we walk out the front doors. God blesses us so that we may now go out and ..... for the world we live in. We are called to carry this spirit of love, this presence of God, into our homes, and throughout the whole world, bringing the ..... to all people, and giving everyone an opportunity to taste of salvation.

**Glossary:** Sunday, Holy Communion, light of Christ, be a blessing.

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<sup>1</sup> [http://www.goarch.org/chapel/liturgical\\_texts/liturgy](http://www.goarch.org/chapel/liturgical_texts/liturgy)

<sup>2</sup> <http://www.ocf.org/OrthodoxPage/liturgy/liturgy.html>

**Key:**

Whole Liturgy leads up to the receiving of Holy Communion “With the fear of God, with faith and with love draw near,” it is our invitation to receive Jesus Christ. The liturgy isn’t over until next Sunday. Our worship and liturgy continues as we walk out the front doors. God blesses us so that we may now go out and be a blessing for the world we live in. We are called to carry this spirit of love, this presence of God, into our homes, into Webster, and throughout the whole world, bringing the light of Christ to all people, and giving everyone an opportunity to taste of salvation.<sup>3</sup>

**Note:** most of the explanations in the last activity about sacred vessels are from:

<http://www.goarch.org/ourfaith/ourfaith8049>

Image’s sources:

<http://www.st-nicholas-church.net/images/clipart/chalice2.gif>

<http://www.newmartyr.info/images/diskospaten.gif>

<http://krotoy.info/pictures/20/tso/inventar.jpg>

[https://img-fotki.yandex.ru/get/15487/13223519.51/0\\_9e7e6\\_f42d6324\\_XL](https://img-fotki.yandex.ru/get/15487/13223519.51/0_9e7e6_f42d6324_XL)

[http://e-libra.ru/files/books/2011/07/20/143224/pic\\_124.jpg](http://e-libra.ru/files/books/2011/07/20/143224/pic_124.jpg)

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<sup>3</sup> With shortenings from: <http://www.schwebster.org/sermons/2015-sermons/a-teaching-divine-liturgy>