

Guided by a cloud 2 (Exodus 13:21-22)

We continue to find ourselves in 'strange' times. It is important that we know that we are loved by others and by God. This week I have suggested a communion service which if you would like to you can follow starting a 10am so that we are sharing it 'together apart'. Before you start you will need some bread and if you wish some wine, you might like to light a candle or have some flowers on your 'communion table'



Worship time – if you are able click choruses below to listen/join

[Psalm 23 \(I trust in you\)](#)

[I cast my mind to Calvary \(O praise the name\)](#)

[Wide open space](#)

Read 1 Corinthians 10:15-24

Paul reminds us that as we take communion we are participating in the body of Christ and that our focus should be on God. This morning though we may be spread apart and not able to physically be with each other we can be together and with God through the act of taking communion.

v17 'because there is one loaf, we, who are many, are one body, for we all share one loaf.'

Prayer: Loving Lord Jesus I come before You now and confess that You alone are the living God, you alone are worthy of all honour and praise for. Thank You that You stepped down from heaven and came into this world as a man, to save us from our sins, and I praise You that I am included in Your gracious forgiveness.

Thank You that You willingly offered up Your body to be the sacrifice for my sin. Thank You that Your body was broken for me, and that Your precious blood was shed to pay the full price for all my many sins – and not for me only but all who would trust in Your name.

Lord, as I take this bread (and wine) I do it in remembrance of You.

Amen

Take the bread (and wine) and spend a few moments thinking about what it means to be part of the body of Christ, as you sit quietly think about people in the church and pray for them that this morning, they will know the presence of God.

Finish by listening/singing [Holy overshadowing](#)