

BREAKING OF THE BREAD

Opening Prayer *said by the person leading the session*

○ Lord Jesus Christ our God, Who did bless the five loaves and with them did feed the five thousand: May You, the same Lord, bless this loaf, and multiply it in this holy place, and in all the world; and sanctify all the faithful who shall share in it. For it is You, ○ Christ our God, Who blesses and sanctifies all things; and to You we ascribe glory: with the Father Who has no beginning, and Your all-holy, good, and life-creating Spirit, now and ever, and unto the ages of ages.

Amen.

Psalm 34

The leader starts. All say the words in bold

I will bless the Lord at all times;

his praise shall continually be in my mouth.

My soul makes its boast in the Lord;

let the humble hear and be glad.

○ magnify the Lord with me,

and let us exalt his name together.

**I sought the Lord, and he answered me,
and delivered me from all my fears.**

Look to him, and be radiant;

so your faces shall never be ashamed.

**This poor soul cried, and was heard by the Lord,
and was saved from every trouble.**

The angel of the Lord encamps

around those who fear him, and delivers them.

○ taste and see that the Lord is good;

happy are those who take refuge in him.

○ fear the Lord, you his holy ones,

for those who fear him have no want.

The young lions suffer want and hunger,

but those who seek the Lord lack no good thing.

Come, ○ children, listen to me;

I will teach you the fear of the Lord.

Which of you desires life,

and covets many days to enjoy good?

Keep your tongue from evil,

and your lips from speaking deceit.

Depart from evil, and do good;

seek peace, and pursue it.

The eyes of the Lord are on the righteous,
and his ears are open to their cry.

**The face of the Lord is against evildoers,
to cut off the remembrance of them from the earth.**

When the righteous cry for help, the Lord hears,
and rescues them from all their troubles.

**The Lord is near to the broken-hearted,
and saves the crushed in spirit.**

Many are the afflictions of the righteous,
but the Lord rescues them from them all.

**He keeps all their bones;
not one of them will be broken.**

Evil brings death to the wicked,
and those who hate the righteous will be condemned.

**The Lord redeems the life of his servants;
none of those who take refuge in him will be condemned.**

**Glory to the Father and to the Son and to the Holy Spirit,
As it was in the beginning, is now, and shall be for ever. Amen**

Sharing the bread

The bread is distributed to everyone in the room, but not eaten until the gospel passage starts to be read. As we sit, someone reads John 6.35-40. We quietly share some of the bread with our neighbours and eat it ourselves. At the end of the reading, we keep silence.

Closing prayers

Lord Jesus, stay with us,
for the day is passing and the evening is at hand;
be our companion on the way,
kindle our hearts with love and joy,
and let us know you in your risen power,
for you are our Lord and God. **Amen.**

We can end by standing, holding hands if that is OK, and saying the Grace together:

**May the grace of our Lord Jesus Christ
and the love of God
and the fellowship of the Holy Spirit
be with us all
now and for evermore. Amen.**