A Liturgy for Agape Meal





*“Agape” is the New Testament Greek work for “self-giving love”. In the Christian tradition an “Agape” is also the name for informal meals and times of togetherness and mutual sharing which remind us of all those meals Jesus shared with his friends and the unity that his Spirit continues to give us*

**Opening**

***Leader:*** How wonderful it is, how pleasant, for God’s people to live together in harmony! (Ps 133) This is the place and this is the time:

Here and now, God waits to break into our experience.

***Leader:*** To change our minds.

To change our hearts.

To change our ways.

**To make us see the world and the whole of life in a new light.**

**To fill us with hope, joy and certainty for the future. Here and now – let us praise God. Amen**

**Hymn 3 – Abba Father**

**A Reading from Colossians Chpt3:v12-17**

As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. 13Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord[\*](javascript:void(0);) has forgiven you, so you also must forgive. 14Above all, clothe yourselves with love, which binds everything together in perfect harmony. 15And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. 16Let the word of Christ[\*](javascript:void(0);) dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.[\*](javascript:void(0);) 17And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

This is the word of the Lord, **Thanks be to God**

**Common Confession**

***Leader****:* Let us examine ourselves as we seek to live in Christian community, as a sign and symbol of God’s peace for the world:

**We confess our failings in Community:**

**Our lack of understanding,**

**Our lack of forgiveness,**

**Our lack of openness,**

**Our lack of sensitivity.**

**We confess the times:**

**When we are too eager to be better than others,**

**When we are too rushed to care,**

**When we are too tired to bother,**

**When we are too lazy to really listen,**

**When we are too quick to act from motives other than love.**

***Leader:*** One and all.

**We forgive. We trust that we are forgiven.**

***Leader***: Let us share the peace with each other. (Share a sign of the peace)

**Setting the table**

***Leader:*** On the table in the midst of this community with whom Christ is present we set symbols to remind us of his promises to us:

***Reader 1:*** A candle, to remind us of Jesus who said,

“I am the light of the world; whoever follows me will not walk in darkness but will have the light of life”.  
(light each candle at this point)

***Reader 2***: A cross, to remind us that Jesus said, “A new commandment I give you, that you love one another, even as I have loved you, that you also love one another. By this all will know that you are my disciples, if you have love one for another”.

(receive your cross)

***Reader 3***: Bread, symbol of Jesus who said, “I am the bread of life. The bread that I shall give is myself for the life of the world”.

(take a piece of bread and pass on)

***Reader 4***: Wine, a symbol of blood and covenant as Jesus says:

“This is the blood of the new covenant – poured out for you’

‘I am come that you might have life – life in full abundance’

(take the wine and pass it on)

After the distribution, we say together….

**Lord, we welcome your presence with us.**

**May the food and companionship we share**

**Nourish our bodies, hearts and minds.**

**And may our spirits be refreshed**

**As we live in the light of your presence**

**With us now, and at all times and places. Amen.**

**The Meal**

Prayers of intercession (The Church)

***Starter***

Prayers of intercession (The World and Community)

***Main***

Prayers of intercession (Those in need, the sick, the lonely any anything that is weighing heavy on our hearts today)

***Desert***

**The Lord’s Prayer**

### Let us pray with confidence as our Saviour has taught us

**Our Father who art in heaven,**

**hallowed be thy name.**

**Thy kingdom come.**

**Thy will be done**

**on earth as it is in heaven.**

**Give us this day our daily bread,**

**and forgive us our trespasses,**

**as we forgive those who trespass against us,**

**and lead us not into temptation,**

**but deliver us from evil.**

**For thine is the kingdom,**

**the power, and the glory,**

**for ever and ever.**

**Amen.**

**Hymn 48 – Do not be afraid**

***Leader:*** The meal is ended. Christ goes before us into the day and the week ahead.

**Let us go in peace,**

**To love and serve one another**

**In the Spirit of Christ.**

**Amen!**