



A Place at the Table

Devotions to Share Before and During Pilgrimage 2017

Introduction

Welcome to Pilgrimage 2017 and our shared journey that begins now. These devotions are designed to help your group prepare for a great weekend and to reflect about your experiences during P17 as well. Here is our theme and how the journey is shaped:

A Place at the Table Invited. Freed. Fed. Sent. Everything We Need Is Here

*“Communion has a way of flattening things out...
a way of entangling our roots and joining our hands,”*
(From *Searching for Sunday* by Rachel Held Evans).

For 23 years, Sunday morning communion with 5,000+ friends in Christ has been one of the most impactful parts of our weekend of learning, mission, and worship. Inspired by the parable of the Great Banquet in Luke 14 and our common communion liturgy, Pilgrimage 2017 will move us toward our Sunday morning Eucharist where we will be fed and sent into the world to be gracious hosts at the tables we find in our churches, schools, and communities.

The foundation for each Pilgrimage session is the understanding that:

1. Our common communion liturgy shapes us into people who love God and who seek to live in peace together so that God’s house will be filled. To that end, everything we need is here in the common meal we share at Pilgrimage, in our churches, and across the world.
2. The parable of the Great Banquet (Luke 14: 12-24) is one, among many, great ways to think about the meal we share during communion:
 - a. *Invited:* The host of the story is insistent upon having a feast and is relentless about inviting others to it.
 - b. *Freed:* Saying yes to the host’s invitation means choosing to say no to lesser invitations.
 - c. *Fed:* The feast is not dependent on us and what we do. It is about learning how to be fed so we may be food for others.
 - d. *Sent:* Go out and be God’s servant messenger and God’s host at every table everywhere you are and everywhere you go so that God’s house will be filled.

Please use these sessions as a guide and feel free to build upon the themes in a way that is authentic to you and your youth group.

Journey. Covenant. Food.

Session 1 Before Pilgrimage

Purpose and Timing

This session is focused on helping everyone prepare to:

- Have a wonderful P17 journey together.
- Grow in their love of Jesus.
- Grow in their seeking to live in peace with each other.

It is designed to last up to 90 minutes. We encourage you to share it with your youth and all the adult volunteers who will be going to Pilgrimage one-two weeks before P17 begins.

Preparation and Supplies

- Bingo Game Sheet for each person
- Sharpened Pencils and Index cards
- Pad of paper for Scribe
- Ability to show “The Most Epic Safety Video Ever Made” to the group
<https://www.youtube.com/watch?v=qOw44VFk8Y>
- Copies of Reflection Sheets for pairs or groups
- Optional: Small prize for the group that remembers the most safety rules
- Copies of Double-sided Illustrated Youth Covenant for each youth
- Enough Adult Covenant copies for each leader
- Plan a time of P17 Communion/Commissioning for end of this session (Juice and Bread)

Key Ideas

1. Pilgrimage 2017 Theme (See Devotion Introduction note)
2. UMC Invitation to Table

“Christ our Lord invites to his table all who love him, who earnestly repent of their sin and seek to live in peace with one another...” (UMC Service of Word and Table)

3. UMC Meaning of Covenant from <http://www.umc.org/what-we-believe/glossary-covenant>

The entering and committing oneself to a continuing relationship. Christians see themselves as a people of a covenant with God. The New Testament or "New Covenant" is that covenant of the saving work of Jesus Christ through the grace of God and the response Christians make in their profession of faith and baptism. This understanding of covenant has been important throughout the life of United Methodism. (Source: *A Dictionary for United Methodists*, Alan K. Waltz, Copyright 1991, Abingdon Press. Used by permission.)

4. See 2017 Adult Leader Covenant (See copy in this session)
5. 2017 Pilgrimage Covenant for Youth (See Pilgrimage Covenant Video and Illustrated Youth Covenant in this session)

The Session

The Journey Ahead: (up to 30 minutes)

Play Pilgrimage Bingo - Depending on group size, you may have to adjust approach.

- Give each person a copy of the Pilgrimage Bingo Sheet found at end of this session.
- Ask them to fill in each space using people from your youth group.
- They may not use the same person twice and each person must sign their name after filling in a box.

Analyze the Game

1. Choose a Scribe to keep a list of answers as you go and keep track of the number of same answers. For example: Has Never Attended Pilgrimage-5, Favorite Part of Pilgrimage is food, Favorite Part of Pilgrimage is music, etc.
2. Select a student to share their Pilgrimage Bingo answers one box at a time. As the student shares each box:
 - a. Ask those with the same answer to raise their hands long enough for the Scribe to take count.
 - b. Continue until student has shared answers from each box.
3. Ask all participants with an answer on their sheet that has NOT been mentioned to raise their hand.
4. Select one of those participants to share the answer(s) that were not previously mentioned one at a time:
 - a. Ask students to raise their hands if they got that answer on their sheet
 - b. Ask Scribe to continue recording answers.
5. Repeat Steps 3-4 until all answers are recorded.

Reflect on the Game

1. Ask the Scribe to share the answers:
 - a. Who has been to Pilgrimage the most times? Ask that person to share their favorite part/memory of Pilgrimage.
 - b. What was the most favorite part of Pilgrimage, according the game? Is there anything that did not make the list, that's a part of Pilgrimage?
2. As they think about P17, ask everyone what they are looking forward to most?
3. Give everyone an index card. Ask each person what questions they have that need to be answered before going to P17. Ask them to write their answers on an index card, sign their name, and turn in to you. Ask an adult youth leader to combine questions into a list while the session continues.

Covenant for the Journey (Up to 40 minutes)

“The Most Epic Safety Video Ever Made” (Up to 15 minutes)

1. Put youth in pairs or groups of 4-8 and show everyone [The Most Epic Safety Movie Video Made](#)
2. Give each pair or group a copy of “The Most Epic Safety Video Ever Made” Reflection Sheet and ask them to fill it out together (5-10 minutes)
3. After 5-10 minutes, ask each pair or group to report out to larger group.
4. Optional: Give a small prize to the group that remembers the most safety rules.
5. Share that the “rules” from the video were in place so that people on the flight could have a great trip, adventure, or experience the purpose of their journey. The rules of the flight are not an end in and of themselves, they are the one of the ways in which the passengers will reach the destination they are hoping for.

Covenant

1. Share the theme of P17 using information from the Introduction and briefly share explanation about the meaning of Covenant and the Invitation to the Table from Key Ideas.
2. Explain that this session is focused on establishing a Pilgrimage Covenant to help everyone attending:
 - a. Have a wonderful P17 journey together.
 - b. Grow in their love of Jesus.
 - c. Grow in their seeking to live in peace with each other.

The covenant is one of the ways we will faithfully reach that “destination.”

- d. Share the [Pilgrimage Covenant Video](#)
- e. After you watch the video, pass out copies of the double-sided Illustrated Youth Covenant to the youth and the Adult Covenant to the adult leaders (you will find both at the end of this session).
- f. Invite adult leaders to create a small group of their own.
- g. Using the double-sided Illustrated Youth Covenant, ask youth and adult groups to brainstorm ways that they will:
 - Do No Harm by Creating Safe Space for Everyone.
 - Do Good by Seeking the Welfare of Everyone Around You.
 - Stay in Love with God by Being Fully Present.
- h. Ask each group to report back to larger group. As they report:
 - Share suggestions that apply to your group based on your context.
 - Share things from adult covenant that did not get mentioned as people shared.

- i. Ask each group to sign the front of their covenant sheets and be ready to bring them to altar during communion at the end of this session. Let them know you will turn this in during Pilgrimage Registration.
- j. Review the questions that youth had about P17 and answer as able and let them know you will get back to them with other answers.

Food for the Journey—Everything We Need Is Here! **(Up to Minutes 20 minutes)**

P17 commissioning/communion service

- As you go through the service feel free to elaborate on idea of covenant and communion.
- Ask each small group to bring covenants forward during this time so you can turn them in during P17 registration.

Pilgrimage Bingo Game

- Fill in each space using people from your youth group.
- You may not use the same person twice and each person must sign their name after filling in a box.

Session 1 ***Before Pilgrimage***

Has Never Attended Pilgrimage	Favorite part of Pilgrimage is	Favorite part of Pilgrimage is	Favorite part of Pilgrimage is
Favorite part of Pilgrimage is	Favorite part of Pilgrimage is	Favorite part of Pilgrimage is	Favorite part of Pilgrimage is
Has attended Pilgrimage more than 3 times	Favorite part of Pilgrimage is	Favorite part of Pilgrimage is	Has attended Pilgrimage 1-3 times

Reflection Sheet

The Most Epic Safety Video Ever Made

Session 1

Before Pilgrimage

1. What movie(s) is the video referencing?

2. List all the safety “rules” that you can remember from the video.

3. Based on the last scene, what is the purpose of the video?

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RULE #1

Do No HARM



I WILL NOT PARTICIPATE
in anything that
CAUSES HARM

I WILL CONSIDER
myself and others in the
DECISIONS THAT I MAKE



RULE #2

Do Good

TREAT OTHERS
with
LOVE
GRACE
MERCY
*(even if they
don't deserve it)*



STAND
UP
for
OTHERS

RULE #3

**STAY IN LOVE
WITH GOD**



i will
PARTICIPATE
with my
WHOLE
HEART

i will
BE PRESENT
to the
SPIRIT



Youth Covenant

Side 2

As you think about the video and side one, please brainstorm specific ways in which your group will commit to these adaptations of John Wesley's rules for discipleship living. Try to write your statements based on what you want to do. For example: #2 We will look for people who are doing good things and thank them. #3 We will listen attentively when others are speaking.

#1 Do No Harm

#2 Do Good

#3 Stay in Love with God

Adult Covenant

“Christ our Lord invites to his table all who love him, who earnestly repent of their sin and seek to live in peace with one another,” (UMC Hymnal). As we covenant to love God and seek to live in peace together during A Place at the Table Pilgrimage 2017, we ask everyone to follow John Wesley’s rules of discipleship adapted below and here in our Covenant Video. We encourage leaders to expand this covenant or add it to your existing youth covenant, keeping [Safe Sanctuary](#) practices in mind.

Do No Harm by Creating Safe Space for Everyone

I will:

- Prevent the bringing or use of tobacco, alcohol, illegal drugs, fireworks, or anything else of this kind and follow the rules of the Crown Coliseum’s prohibition of strollers, weapons, metal chains, spiked bracelets or collars, backpacks, stickers of any kind, balloons of any kind, wrapped gifts or packages, and food or beverages not purchased from the Crown Coliseum.
- Prevent any article of clothing or sharing of items that do not send a message of love, friendship, and our shared love of God

Do Good by Seeking the Welfare of Everyone Around You

I will:

- Treat everyone with love, grace, and mercy.
- Express joys, agreement, disagreement and concerns to the Pilgrimage community in a way that seeks to live in peace during the weekend.
- Share weekend joys, concerns, and information with Pilgrimage staff in this way:
 - Speak in person to Pilgrimage staff at our Information Table inside the front entrance of the Crown Coliseum.
 - Send a direct message to Pilgrimage staff through (instructions to join REMIND are below).

Stay in Love with God by Being Fully Present

I will:

- Participate in worship and devotions with my whole heart.
- Be present to the work of the Holy Spirit in myself and in others.

Signature of Adult: _____

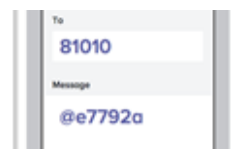
New! Sign Up for Weekend Adult Leader Updates

The Pilgrimage leadership will communicate announcements and emergency information through the website, remind.com to adult youth leaders only. You MUST sign up to receive them. You can do so through your smartphone to receive text alerts and may download the app for free.

Text the message @e7792a to the number 81010.

If you're having trouble with 81010, try texting @e7792a to (919) 267-2590.

* Standard text message rates apply.



Invited.

Session 2 Friday Evening

Purpose and Timing

This session is focused on helping everyone grow in their understanding of what it means to be invited as we think about:

- Personal experiences of being invited.
- The parable of The Great Banquet in Luke.

*Please note that the Friday evening speaker understands our weekend theme and was encouraged to expand upon the theme of “Invited” based on her journey, gifts and strengths. As a leader, we ask you to help your youth connect the dots of the evening session and the themes of the devotion.

The session is designed to last 45-60 minutes. Please adjust as needed.

Preparation and Supplies

1. Please print and read <http://bethquick.blogspot.com/2016/01/sermon-invitational-guest-list-luke.html> . This is a sermon written by UMC Pastor Beth Quick and an excellent resource as you prepare to lead the discussion. (*Note: for our purposes we are using the Common English Bible which uses the word servant in place of slave.)
2. Bring the following supplies:
 - Sharpened Pencils
 - Sticky notes or index cards
 - Optional: As they work, share the Soul Pancake Video [Take a Seat, Make a Friend](https://www.youtube.com/watch?v=HfHV4-N2LxQ)
<https://www.youtube.com/watch?v=HfHV4-N2LxQ>
 - Supplies for tokens of friendship (see *Close Out* below)

Key Ideas

1. *Pilgrimage 2017 Theme* (See Devotion Introduction note)
2. *Invited (The Parable of the Great Banquet)*: The host of the story is insistent upon having a feast and is relentless about inviting others to it. Please use <http://bethquick.blogspot.com/2016/01/sermon-invitational-guest-list-luke.html> . This is a sermon written by UMC Pastor Beth Quick and an excellent resource as you prepare to lead the discussion.

Reflect

Think About the Day and the Friday Evening Pilgrimage Session (15-20 minutes)

1. Depending on group size, have a whole group discussion or divide into groups of 4-8 with other adult leaders in each group.
2. Give each person a pencil and a couple of index cards. Ask them to write answers down as you go. This will ensure that students who think internally and out loud have a chance to think before they answer.
3. Give everyone a chance to settle into this time in one or more ways:
 - Share their jeers/cheers of the day.
 - Play a game that your group enjoys.
 - Sing a song that you typically sing when you are together.
4. Give each person a chance to write down and then share one of the following:
 - What stood out to them most from the Friday night session and why?
 - What is something new they learned during the session (e.g. song, quote, bible verse)?
 - Something about a new friend they made or the deepening of a current friendship?
5. Light a Christ candle.

Dig In

Parable of the Great Banquet (15-20 minutes)

1. Ask everyone or each group to think about the Friday evening session and answer:
 - a. As you consider the way in which you and most of your peers decide who to invite to a party, your house, or to be part of a team, write down 3-4 things you consider most. Be honest.
 - b. List the ways you heard the theme *Invited* during the whole Friday evening session?
 - c. What did Sarah Heath say about it?
 - d. How is what you wrote down about making decisions about who to invite like or different from what you heard during the Friday evening session.
2. Pass out copies of the Parable of the Great Banquet Sheet.
3. Set up the parable with these words from Rev. Quick's sermon:

"The scene of our text is set at the beginning of chapter 14, when Luke tells us that Jesus has been invited to the home of one of the prominent Pharisees to share in a meal on the Sabbath. Pharisees were religious scholars, interpreters of the law of Moses. And Luke tells us that they're watching Jesus very closely while at supper, almost expecting him to break the laws governing the keeping of Sabbath, which he is prone to do. He (Jesus) doesn't disappoint. He heals a man, arguing that doing so is as necessary as pulling someone from danger, helping them up from a fall, things allowable on the Sabbath. Next, Jesus makes note of how people come in to the dinner table and look to choose the places of honor," Rev. Beth Quick from her sermon *Invitational: "The Guest List"*.
4. Ask everyone to read their sheet and answer the questions. When they are finished:

- a. Give everyone a chance to share their answers.
- b. As the leader, expand upon what they shared by providing additional information from Rev. Quick's sermon.
- c. Share that there are lots of ways to think about the story and this weekend we want to consider being God's servant invitation messengers.
- d. Read the last 2 paragraphs of Rev. Quick's sermon, beginning with "Here's what I think..."
- e. Ask youth what they think about being the servant messenger in this way? How might they practice their role of servant throughout the weekend? What would that look like for them?

Close Out

God's Messengers for God's Party (15-20 minutes)

1. Using the supplies you brought with you, invite group to make *tokens of friendship* to share with others throughout the weekend as they feel led. If they are comfortable with it and the person they give their *token* to is ok with it, ask them to take a selfie and post it on our Pilgrimage social media pages.
2. Optional: As they work, share the Soul Pancake Video [Take a Seat, Make a Friend](#) and talk about the blessings of being in the ball pit with someone different that you do not know.
3. Close in prayer.

Invited.

The Parable of the Great Banquet (Luke 14:12-24, CEB)

Session 2 Friday Evening

¹² Then Jesus said to the person who had invited him, “When you host a lunch or dinner, don’t invite your friends, your brothers and sisters, your relatives, or rich neighbors. If you do, they will invite you in return and that will be your reward. ¹³ Instead, when you give a banquet, invite the poor, crippled, lame, and blind. ¹⁴ And you will be blessed because they can’t repay you. Instead, you will be repaid when the just are resurrected.”

¹⁵ When one of the dinner guests heard Jesus’ remarks, he said to Jesus, “Happy are those who will feast in God’s kingdom.”

¹⁶ Jesus replied (with this parable), “A certain man hosted a large dinner and invited many people. ¹⁷ When it was time for the dinner to begin, he sent his servant to tell the invited guests, ‘Come! The dinner is now ready.’ ¹⁸ One by one, they all began to make excuses. The first one told him, ‘I bought a farm and must go and see it. Please excuse me.’ ¹⁹ Another said, ‘I bought five teams of oxen, and I’m going to check on them. Please excuse me.’ ²⁰ Another said, ‘I just got married, so I can’t come.’ ²¹ When he returned, the servant reported these excuses to his master. The master of the house became angry and said to his servant, ‘Go quickly to the city’s streets, the busy ones and the side streets, and bring the poor, crippled, blind, and lame.’ ²² The servant said, ‘Master, your instructions have been followed and there is still room.’ ²³ The master said to the servant, ‘Go to the highways and back alleys and urge people to come in so that my house will be filled. ²⁴ I tell you, not one of those who were invited will taste my dinner.’”

1. List All the people/characters in the passage and in the parable:

2. Which person/character do you identify with most and why?

3. What question(s) does this passage and parable raise for you?

4. Think about the parable, imagine yourself in each of these roles. What is each role asking you to do?
 - Master
 - Servant
 - Originally-Invited Guests
 - Newly-Invited Guests

Freed. Fed. Sent.

Session 3 Saturday Evening

Purpose and Timing

This session is focused on helping everyone grow in their understanding of what it means to be freed, fed, and sent as we think about:

- Personal experiences of being freed, fed, and sent.
- The UMC Communion Service.

*Please note that the Saturday speakers understand our weekend theme and were encouraged to expand upon the theme based on their journey, gifts and strengths. As a leader, we ask you to help your youth connect the dots of the Saturday sessions and the themes of the devotion.

The session is designed to last 45-60 minutes. Please adjust as needed.

Preparation and Supplies:

- Sharpened pencils
- Sticky notes or index cards
- Hymnals to share or copies of the UMC Communion Liturgy (found at the end of this session)
- Copies of The Work of the People Liturgy sheet (found at the end of this session)
- [Gospel Shaped Worship: Why I Love Liturgy More Every Day](http://www.seedbed.com/gospel-shaped-worship-love-liturgy-every-day-2/)
<http://www.seedbed.com/gospel-shaped-worship-love-liturgy-every-day-2/>
- [Are We Having Communion Today?](http://www.seedbed.com/ken-loyer-are-we-having-communion-today/)
<http://www.seedbed.com/ken-loyer-are-we-having-communion-today/>

Key Ideas

1. Pilgrimage 2017 Theme (See Devotion Introduction note)
2. Why Communion? “It is here, in this holy meal, where God satisfies the deepest hunger and thirst of the human heart. Why? Because here our souls feast upon and drink in a love so great that it will not let us go, a love that rescues us, forgives us, renews and restores us; a love so powerful that nothing, not even death, can separate us from it. It is all here, freely given for you, for me, for all people,” (Are Having Communion Today?).
3. The importance of liturgy. From *Gospel Shaped Worship*: “...the world is full of liturgies, both secular and sacred, and these liturgies are deeply formational. They shape our desires. They shape our habits. They make us certain kinds of people because they define what we love. In truth, there are lots of important things we do repetitiously. We do them because they are important, and they grow in importance because we do them with regularity. Repetition makes something part of who we are, whether it’s exercise, work, shopping, social media, or even worship. When we recognize that the form of the liturgy is gospel-shaped, we find that the regular praying of the liturgy will result in gospel-shaped loves, gospel-shaped habits, and gospel-shaped lives.”

Reflect

Think About the Day and the Saturday Pilgrimage Sessions (15-20 minutes)

- Depending on group size, have a whole group discussion or divide into groups of 4-8 with other adult leaders in each group.
- Give each person a pencil and a couple of index cards. Ask them to write answers down as you go. This will ensure that students who think internally and out loud have a chance to think before they answer.
- Give everyone a chance to settle into this time in one or more ways:
 - Share their jeers/cheers of the day.
 - Play a game that your group enjoys.
 - Sing a song that you typically sing when you are together.
- Give each person a chance to write down and then share one of the following:
 - What stood out to them most from the Saturday sessions and why?
 - What is something new they learned during the session (e.g. song, quote, Bible verse)?
 - Something about a new friend they made or the deepening of a current friendship
 - Sharing their invitations
- Light a Christ candle.

Dig In

UMC Communion Service (15-20 minutes)

1. Ask everyone or each group to think about the Saturday sessions and answer:
 - a. List the ways you heard the theme *Freed* or *Fed* during the Saturday sessions?
 - b. What did Rachel Held Evans and Morgan Harper-Nichols say about it?
2. Pass out copies of the UMC Service of Word and Table. In pairs or in groups ask everyone to read through the liturgy and consider the following:
 - a. List the people/characters in the liturgy and what they are they doing.
 - b. As you read through each section, jot down what is happening: Invited, Freed, Fed, and Sent.
 - c. As you read the service closely, what did you see that you have not seen before? What part of the service means the most to you and why?
 - d. What questions do you have about it?
 - e. As you think about having communion on Sunday morning with thousands of people, what does that mean to you?
3. Bring people back together and ask them to share their answers.

Close Out

The Work of the People (15-20 minutes)

1. Share that we also call the communion service the communion liturgy. The word liturgy means the work of the people. This worship work, the things we say and do in worship has the power to shape who we are. The communion liturgy is "...gospel-shaped, (and) we find that the regular praying of the liturgy will result in gospel-shaped loves, gospel-shaped habits, and gospel-shaped lives," (From *Gospel Shaped Worship*).
2. The communion liturgy sends us forth to be people who live gospel-shaped lives. As you think about leaving on Sunday after receiving communion, what might that look like for you?
3. Pass out The Work of the People Liturgy sheet found in this session to each person. Ask them to write a sentence for each letter in the word liturgy that expresses the work that God is calling them to in the world when they get home.
4. Invite each person to share what they wrote if they are comfortable doing so.
5. Ask the group, as they listened to each other's thoughts, what might God be calling their youth group to do and be more of? What might their next steps be?
6. Close in prayer.

Service of Word and Table

(From *UMC Hymnal*)

Beginning with the Invitation

Session 3 Saturday Evening

Read through the service and consider the following:

- *List the people/characters in the service and what they are they doing.*
- *As you read through each section, jot down what is happening: Invited, Freed, Fed, and Sent.*
- *As you read the service closely, what did you see that you have not seen before?*
- *What part of the service means the most to you and why?*
- *What questions do you have about it?*
- *As you think about having communion on Sunday morning with thousands of people, what does that mean to you?*

INVITATION

Pastor stands behind the Lord's table.

Christ our Lord invites to his table all who love him, who earnestly repent of their sin and seek to live in peace with one another. Therefore, let us confess our sin before God and one another.

CONFESSION AND PARDON

Merciful God, we confess that we have not loved you with our whole heart. We have failed to be an obedient church. We have not done your will, we have broken your law, we have rebelled against your love, we have not loved our neighbors, and we have not heard the cry of the needy. Forgive us, we pray. Free us for joyful obedience, through Jesus Christ our Lord. Amen.

All pray in silence.

Leader to people:

Hear the good news: Christ died for us while we were yet sinners; that proves God's love toward us. In the name of Jesus Christ, you are forgiven!

People to leader:

In the name of Jesus Christ, you are forgiven!

Leader and people:

Glory to God. Amen.

THE PEACE

Let us offer one another signs of reconciliation and love.

All, including the pastor, exchange signs and words of God's peace.

OFFERING

As forgiven and reconciled people, let us offer ourselves and our gifts to God.

A hymn, psalm, or anthem may be sung as the offering is received.

The bread and wine are brought by representatives of the people to the Lord's table with the other gifts, or uncovered if already in place.

A hymn, doxology, or other response may be sung as the gifts are presented.

If a Great Thanksgiving other than that which follows here is to be used, the service proceeds following the order and rubrics of A Service of Word and Table III (UMH 15-16). Otherwise, the service continues as follows:

THANKSGIVING AND COMMUNION

TAKING THE BREAD AND CUP

The pastor, standing if possible behind the Lord's table, facing the people from this time through Breaking the Bread, takes the bread and cup; and the bread and wine are prepared for the meal.

THE GREAT THANKSGIVING*

One of the musical settings may be used, the pastor using the following text:

The Lord be with you.

And also with you.

Lift up your hearts. *The pastor may lift hands and keep them raised.*

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, creator of heaven and earth. You formed us in your image and breathed into us the breath of life. When we turned away, and our love failed, your love remained steadfast. You delivered us from captivity, made covenant to be our sovereign God, and spoke to us through the prophets.

And so, with your people on earth and all the company of heaven we praise your name and join their unending hymn:

The pastor may lower hands.

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

The pastor may raise hands.

Holy are you, and blessed is your Son Jesus Christ. Your Spirit anointed him to preach good news to the poor, to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, and to announce that the time had come when you would save your people. He healed the sick, fed the hungry, and ate with sinners. By the baptism of his suffering, death, and resurrection you gave birth to your Church, delivered us from slavery to sin and death, and made with us a new covenant by water and the Spirit. When the Lord Jesus ascended, he promised to be with us always, in the power of your Word and Holy Spirit.

The pastor may hold hands, palms down, over the bread, or touch the bread, or lift the bread.

On the night in which he gave himself up for us, he took bread, gave thanks to you, broke the bread, gave it to his disciples, and said: "Take, eat; this is my body which is given for you. Do this in remembrance of me."

The pastor may hold hands, palms down, over the cup, or touch the cup, or lift the cup.

When the supper was over, he took the cup, gave thanks to you, gave it to his disciples, and said: "Drink from this, all of you; this is my blood of the new covenant, poured out for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me."

The pastor may raise hands.

And so, in remembrance of these your mighty acts in Jesus Christ, we offer ourselves in praise and thanksgiving as a holy and living sacrifice, in union with Christ's offering for us, as we proclaim the mystery of faith.

Christ has died; Christ is risen; Christ will come again.

The pastor may hold hands, palms down, over the bread and cup.

Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his blood.

The pastor may raise hands.

By your Spirit make us one with Christ, one with each other, and one in ministry to all the world, until Christ comes in final victory and we feast at his heavenly banquet. Through your Son Jesus Christ, with the Holy Spirit in your holy Church, all honor and glory is yours, almighty Father, now and forever. Amen.

THE LORD'S PRAYER*

The pastor's hands may be extended in open invitation.

And now, with the confidence of children of God, let us pray:

The pastor may raise hands.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

BREAKING THE BREAD

The pastor, standing behind the Lord's table facing the people, breaks the bread in silence, or while saying:

Because there is one loaf, we, who are many, are one body, for we all partake of the one loaf. The bread which we break is a sharing in the body of Christ.

The pastor lifts the cup in silence, or while saying:

The cup over which we give thanks is a sharing in the blood of Christ.

GIVING THE BREAD AND CUP

The bread and wine are given to the people, with these or other words being exchanged:

The body of Christ, given for you. **Amen.**
The blood of Christ, given for you. **Amen.**

The congregation may sing hymns while the bread and cup are given. Many hymns, songs, and choruses in UMH in addition to 612–41 and others listed under Holy Communion (943) are effective in expressing the people's loving communion with God and with one another. The day or season of the Christian year and the people's knowledge and love of particular hymns are important considerations in the selection of appropriate hymns. It is particularly effective if the people can sing from memory.

When all have received, the Lord's table is put in order.

The following prayer is then offered by the pastor or by all:

Eternal God, we give you thanks for this holy mystery in which you have given yourself to us. Grant that we may go into the world in the strength of your Spirit, to give ourselves for others, in the name of Jesus Christ our Lord. Amen.

SENDING FORTH

HYMN OR SONG

DISMISSAL WITH BLESSING

Go forth in peace. The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. **Amen.**

GOING FORTH

The Work of the People

Write a sentence for each letter of the word liturgy as you think about the way God is calling you and your youth group to live gospel-shaped lives at the tables in your community.

Session 3
Saturday Evening

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