



# 在家准备圣餐指南

Preparation for  
Holy Communion at Home



# Attitudes in Preparation

## 准备圣餐的心态

- 喜乐 Joyful
- 恭敬 Reverence
- 祷告 Prayerful



# 预备圣饼祷告 Preparatory Prayer for Bread

## Elements of Holy Communion 圣餐的预备

圣饼BREAD

“创造万物的主，我们赞美祢！因祢的慈爱，我们献上这地所供应及藉着人手所做的饼。我们为此感恩，因它将成为我们生命的粮。奉耶稣基督的名祷告，阿们。”

“Praise be to You, God of all creation. Through Your goodness we offer this bread, which earth has given and human hands have made. Thank You that this will become for us the bread of life. In Jesus Christ. Amen.”



# Elements of Holy Communion

## 圣餐的预备

圣饼BREAD

首选 1<sup>st</sup> CHOICE

白面包 White Bread

次选 2<sup>nd</sup> CHOICE

苏打饼 Cream Cracker



将面包或饼切/掰成小块

Cut/break bread or cream cracker into small pieces

# 预备圣杯祷告

## Preparatory Prayer for Cup

# Elements of Holy Communion

## 圣餐的预备

### 圣杯 CUP

“创造万物的主，我们赞美祢！因祢的慈爱，我们献上这杯，葡萄的果实及人手所酿造的葡萄汁。我们为此感恩，因它将成为我们灵命的粮。奉耶稣基督的名祷告。阿们。”

“Praise be to You, God of all creation. Through your goodness we offer this cup, fruit of the vine and work of human hands. Thank You that this will become our spiritual sustenance. In Jesus Christ. Amen.”



# Elements of Holy Communion

## 圣餐的预备

圣杯 CUP

首选 1<sup>st</sup> CHOICE

葡萄汁 Grape Juice

次选 2<sup>nd</sup> CHOICE

红/紫色汽水

Red/Purple colour Soda Drink

若这两样的都没有，才用白开水  
Last resort, use plain water.



# Elements of Holy Communion 圣餐的预备

用白色面巾或纸巾  
盖住圣餐饼杯。

Cover the cup and bread  
with a **clean white cloth**  
or **tissue paper**.





## During Holy Communion 圣餐的进行

根据线上崇拜  
牧师的指示  
来领受圣餐

Follow the instructions  
given by the pastor through  
the online worship.