

3174

Christ, We Are Blest

1. Christ, we are blest as we gath - er to dine,
 2. You laid your life down like sow - ing a seed;
 3. Christ, you are ris - en, but not far a - bove:
 4. Je - sus, you feed us, then bid us to leave,

5. strength-en ed for love by the bread and the wine.
 once dead and bur - ied, from death you are freed,
 you live a - mong us in each act of love,
 shar - ing with oth - ers the love we re - ceive.

9. This is your bod - y, now en - ter - ing ours,
 ris - ing like wheat in the warmth of the sun!
 in ev - ery deed of com - pas - sion you rise,
 We are your - bod - y, sent by your com - mand,

13. strong with your lov - ing mi - rac - u - lous powers.
 Christ, you are ris - en! New life has be - gun!
 liv - ing in flesh we can see with our eyes.
 mak - ing love real as the bread in our hands.

WORDS: Steve Garnaas-Holmes
 MUSIC: Irish folk melody; harm. by Carlton R. Young

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