

The Holy Evangelists Matthew, Mark, Luke, and St Paul write:

Our Lord Jesus Christ,

[ASL for Lord, make an L with right hand and touch it to left shoulder then right hip]

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on the night He was betrayed, took bread,



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And when He had given thanks,

[raise hands together]

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He broke it



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And gave it to the disciples



And said: "Take, eat;



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This is My body,





Which is given for you.



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This do in remembrance of Me.”



In the same way also He took the cup after supper,



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And when He had given thanks,



He gave it to them, saying,



[move hands slowly side to side]





"Drink of it, all of you;



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This cup



is the new testament in My blood,



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Which is shed



[slide right hand down]



For you for the forgiveness of sins.



[open arms]





This do, as often as you drink it,



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In remembrance of Me.”

