Refrain

Take and eat; take and eat: this is my body
given up for you. Take and drink; take and drink:
this is my blood given up for you.

Verses

1. I am the Word that spoke and light was made;
2. I am the way that leads the exile home;
3. I am the Lamb that takes away your sin;
4. I am the corner-stone that God has laid;
5. I am the light that came into the world;
6. I am the first and last, the Living One;
I am the seed that died to be reborn;
I am the truth that sets the captive free;
I am the gate that guards you night and day;
A chosen stone and precious in his eyes;
I am the light that darkness cannot hide;
I am the Lord that died that you might live;

I am the bread that comes from heav’n above;
I am the life that raises up the dead;
You are my flock: you know the shepherd’s voice;
You are God’s dwelling place, on me you rest;
I am the morning star that never sets;
I am the bridegroom, this my wedding song;

D.C.

I am the vine that fills your cup with joy.
I am your peace, true peace my gift to you.
You are my own: your ransom is my blood.
Like living stones, a temple for God’s praise.
Lift up your face, in you my light will shine.
You are my bride, come to the marriage feast.

Text: Verse text, James Quinn, SJ (b. 1919); refrain text, Michael Joncas (b. 1951)
Tune: Michael Joncas, (b. 1951)
© 1989, G.I.A. Publications, Inc., Chicago, Illinois. All rights reserved.