I am the Word that spoke and light was made  
I am the seed that died to be re-born  
I am the bread that comes from heaven above  
I am the vine that fills your cup with joy

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

I am the way that leads the exile home  
I am the truth that sets the captive free  
I am the life that raises up the dead  
I am your peace, true peace my gift to you

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