Take and Eat  
  
Chorus:  
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.

Verse 1)   
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   
(Repeat Chorus)

Verse 2)   
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   
(Repeat Chorus)

Verse 3)   
I am the Lamb that takes away your sin  
I am the gate that guards you night and day  
You are my flock you know the shepherd's voice  
You are my own, your ransom is my blood  
(Repeat Chorus)