

## WEEK 2 – I AM THE BREAD OF LIFE

### MONDAY – Jesus, the bread of life



**John 6: 28-35 (NIV)** *Then they asked Him, “What must we do to do the works God requires?” Jesus answered, “The work of God is this: to believe in the one He has sent.” So they asked Him, “What sign then will You give that we may see it and believe You? What will You do? Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’ Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is My Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world.” “Sir,” they said, “always give us this bread.” Then Jesus declared, “I am the bread of life.*

Who can resist the smell of newly baked bread? Inviting and delicious, it beckons us to taste, to enjoy the wonderful filling and nourishment it gives. Bread must be one of the most comforting words in our vocabulary. The aroma and the invitation to taste are hard to resist. Jesus, the bread of life brings new meaning to this word. His life is inviting, warm, comforting and fills us. Jesus satisfies in a way that nothing else can.

The life of Jesus challenges us to live our lives in as inviting a way as Jesus did. Where could you share your life with someone in

such a way that you would draw them into a closer relationship with Jesus? Joyce Rupp in her book “Fresh Bread” suggests that “we give ourselves to others in quality presence meaning that we have a heart of love and a desire to care for others. It means being willing to have nothing to show for our days’ work except faithfully standing by the cross of another or attentive perceptive listening with our heart.”

#### **Reflection:**

Are you feeding on the bread of life so that you may live out the love which you have received from Jesus?



**Prayer:** Jesus, teach us to feed on Your word daily. AMEN

## TUESDAY – The leaven



**Romans 11: 16** *If the part of the dough offered as first fruits is holy, then the whole batch is holy; if the root is holy, so are the branches.*

**Numbers 15: 20-21** *'Of the first of your dough you shall lift up a cake as an offering; as the offering of the threshing floor, so you shall lift it up. 'From the first of your dough you shall give to the LORD an offering throughout your generations.*

Jesus is the first fruit; the bread of life, broken for our salvation. We are all handfuls of dough, made holy by His life and death on the cross.

**Romans 12: 1 (CSB):** *"Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship."*

Jesus calls on us as His dough to offer ourselves. He calls us to be the leaven or yeast for others so that they may come to faith in Him.

Make or buy some ready-made bread dough. Knead it and then set it aside and see it rise. Bake in

a hot oven for about 25 minutes and then share it amongst yourselves. Take time to smell the aroma, taste the deliciousness and give thanks.

Each time you eat bread, let it remind you that you are called to live a life pleasing to God, a life that is willing to be broken in His service, a life lived in the constant awareness that Jesus has promised never to leave or forsake us no matter what the circumstances of our life may be.

### **Reflection:**

Are you able to trust God when you are 'kneaded' so as to be transformed from a tiny handful of dough into a living loaf of bread?



**Prayer:** Lord Jesus, help us to become 'bread' for those we meet with, that they may see Your life reflected in our words and actions.  
AMEN

## WEDNESDAY – Filling the hunger



**John 6: 35 (NIV).** *Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in Me will never be thirsty.*

The crowds who followed Jesus were looking for a sign. They ate the bread which He provided and went away with full stomachs but were not satisfied. Jesus reminds us that no amount of possessions or money can fill that deep inner hunger which resides in each of us. We may live in mansions and have money in the bank, but in each of us is a deep hunger for love and kindness, for acceptance and relationships. There is nothing that can replace the knowledge that we are loved and Jesus comes to fill our deep need.

Nourishment of our spirit takes time and discipline. Sometimes we allow spirits to hunger and thirst when all we need is to take

time to read God's word and to pray.

Today, make time to look at all the places where you have found God's presence, His provision, and His forgiveness. Use regular spaces in the day to deliberately pause to think about what is before you. Practise acknowledging the presence of God. Think about where you have found Him to be the 'bread of life' to you. Tell Him of the areas where you need Him the most to fill and satisfy you. Thank Him for His mercy and kindness.

### **Reflection:**

How easy or difficult is it for you to see God in your environment, in people and in your daily routine? Are you full and or satisfied?



**Prayer:** Jesus, help us never to be satisfied with just a small portion of knowing and loving You. Fill our hunger with Your presence and acceptance. AMEN

## THURSDAY – Being a handful of dough



**Romans 11: 16** *If the part of the dough offered as first fruits is holy, then the whole batch is holy; if the root is holy, so are the branches.*

**Romans 1: 7** – Paul writes to the Romans *To all in Rome who are loved by God and called to be His holy people: Grace and peace to you from God our Father and from the Lord Jesus Christ.*

Holiness is knowing we have tasted God and knowing that we can never be satisfied with just that taste. It is choosing, in spite of our fear, to go more deeply.

Holiness is facing the pain of the world and crying out with its suffering.

Holiness is stopping to gasp in amazement at how love stirs in the joy and beauty of ordinary events.

Holiness is feeling an awesome restlessness that pursues us even though we try to run away from it.

Holiness is choosing to keep on struggling and believing that there is such a thing as eternal life and

that there is such a one as eternal love. *Acknowledgment Joyce Rupp*

We are called to be holy, to be God's hands and feet in a world crying out for love. We are called to be witnesses to God's transforming power by the way we live our ordinary lives wherever we may find ourselves.

### **Reflection:**

If your life was the only bible people read what impression do you think it would make?

How do you feel about being called to be holy?



**Prayer:** Loving God, we are called to be holy. Fill me with Your Holy Spirit so that I may live in holiness. AMEN

## FRIDAY – The Eucharist



**Matthew 26: 26–28** *While they were eating, Jesus took bread, and when He had given thanks, He broke it and gave it to His disciples, saying, “Take and eat; this is My body.” Then He took a cup, and when He had given thanks, He gave it to them, saying, “Drink from it, all of you. This is My blood of the covenant, which is poured out for many for the forgiveness of sins.*

The **Eucharist** is another name for Holy Communion or the Lord's Supper. The term comes from the Greek by way of Latin. It means "thanksgiving." It refers to the consecration of the body and blood of Christ or its representation through bread and wine.

*Christ is the bread of life indeed  
Who nourishes the hungry soul  
The one on whom our spirits feed  
Who makes us whole.*

Holy Communion is a time of remembrance; we remember the love of Christ, His death and resurrection as we gather at His table. We remember that He is the head of the table and we

remember that we gather not just as individuals, but as a part of the body of Christ. We approach the communion rail in reverence as we remember that even Judas received the bread from the hand of Jesus and even the worst of sinners is able to receive His grace. We rejoice in the words “all are welcome” and we come in thanksgiving for Jesus, the bread of life who transforms us by His grace.

### **Reflection:**

Do you anticipate meeting Jesus at the communion rail?  
Have you prayed for those who prepare this sacred meal for us?



**Prayer:** Jesus remind me daily of the sacrifice You made to become the bread of life for me. AMEN