

# Reflections for 1<sup>st</sup> August 2021

## 9<sup>th</sup> Sunday after Trinity

### Bread of Life

In our gospel reading, from John chapter 6, the crowd seems to be misunderstanding what it is that Jesus has to offer them. They had enjoyed a free meal (at what we call the 'feeding of the 5,000'), and then as they followed him, and heard his teaching, they seemed to think he was talking about amazing long-life bread! But Jesus was trying to point them to something quite different – the promise of being eternally, spiritually nourished by God, who can bless us with fullness and answer all our deepest longings.

In verse 35, we read that Jesus said:

I am the bread of life. Whoever comes to me will never go hungry,  
and whoever believes in me will never be thirsty.

The word translated as 'thirsty' in v. 35 could also mean to 'long for', to 'yearn for'. And that may prompt us to ask: What do we long for, yearn for, in the depths of our being? What are the deepest longings of our hearts? What is the 'hunger' and 'thirst' within us, that Jesus promises to satisfy?

So, the gospel asks us, what kind of nourishment are we looking for? Poor quality, economy nourishment, that barely keeps us alive? Nourishment that is good while it lasts but is gone in the morning? Or the finest quality, life-giving nourishment that lasts on and on? What kind of spiritual nourishment have we already received in our lives? And what kind of spiritual nourishment does God know that we need, and in his generous love is ready to offer to us now?

For Jesus said:

'I am the living bread that came down from heaven. Whoever eats  
of this bread will live for ever.' (John 6. 51)

Revd John Waller

Eternal God,  
comfort of the afflicted and healer of the broken,  
as you feed us at the table of life and hope,  
so teach us the ways of gentleness and peace,  
that all the world may know the kingdom of your Son Jesus Christ our Lord.  
Amen.

Bible readings: Exodus 16. 2-4, 9-15; Ephesians 4. 1-16; John 6. 24-35

Story: 'An Important Meal' (based on the gospel accounts of the Last Supper)