

Call to Worship

The bread of God is that which comes down from heaven and gives life to the world.

Hymn S t F 20 Be still, for the presence of the Lord.

Opening Prayers. Come close to us, God of the morning, that we might see your glory in each new day. Come close to us, God of the noonday sun, that we might see your glory as each week passes. Come close to us, God of the evening, that we might see your glory as year turns to year. Come close to us, God of the night-time, that we might rest in your glory at the passing of our lives. **Amen.**

Let us confess our sins to God. Giver of life, when we have seen your greatness and sought to tame you to our cause, forgive our unworthiness.

When we have seen your goodness and claimed it as a right, forgive our ingratitude.

When we have seen your mercy and continued to harbour grudges, forgive our lack of compassion.

When we have seen your love and complained about our lot, forgive our lack of generosity. **Amen**

There is now no condemnation for those who live in union with Christ Jesus; for the law of the Spirit of life has set us free from the law of sin and death. Your sins are forgiven.

Amen. Thanks be to God.

Collect. Lord and giver of life, you alone nourish and sustain your people, through Christ, the bread of life. Feed our hunger and quench our thirst, that we may no longer work for what fails to satisfy, but to do what you require, in obedience and faith; through Jesus Christ our Lord. **Amen**

The Lord's Prayer.

Hymn S t F 252 Jesus the Lord said: 'I am the Bread'.

Readings John 6:35, 41-51

Reflection. Jesus said I am the bread of life. Whoever, comes to me will never be hungry, and whoever believes in me will never be thirsty. John 6:35.

The bread that Jesus offers is **Healthy** bread. Not all bread is healthy. I have Diabetes type 2 and must cut down on bread. Brown is healthier than white. Too much bread for ducks is unhealthy as I was reading at Coombe Abbey! Jesus is the source of Health and Healing and his words bring healing and help us to be healthy people. He helps us to deal with conflict in healthy ways, to be kind to ourselves and to live non-violently with others. The bread that Jesus offers is **Holistic**. Jesus feeds us in the body, mind, soul and spirit. Jesus has just fed the 5000 and is concerned for our physical need for sustenance but he is not just there to give people a free lunch! There is a lot in the media at the moment about living holistically. Gymnast Simone Biles and winner of many the gold medals has said she needs to concentrate on her mental health and cricketer Ben Stokes is saying

the same. There is a terrible cost to ourselves when we neglect our emotional and spiritual wellbeing. Many people eat too much and some do not eat at all when they are anxious and depressed which causes illness, when counselling and talking could help. Jesus bids us not to be anxious and to cast all our cares on Him. Healing does not always happen physically but often brings peace of mind and strength to cope with hardship. The bread that Jesus offers is **homely**. There have been many times when I have enjoyed home cooking on my visits to Croatia and a feast is prepared. 'Come round for a cup of tea' is a euphemism for a four - course meal! The host is so generous and there is an open table as others are welcome to the feast. There is nothing like good home cooking to satisfy us. There is a sense in which when we believe in Jesus and put our trust in Him, we are at home. We have both a physical and a heavenly home prepared for us. When we taste of the living home made bread, we are able to face the challenges that life brings us. Jesus calls us to invite others to the feast that they too may discover that He satisfies us in body, mind, soul and spirit. Come and taste of that living bread that gives life to the world. Amen

Prayers of Intercession.

The bread of God, which comes down from heaven, gives life to the world.

We pray for those who know nothing but hunger, yet there is bread in abundance.

Teach us how to share our bread.

The bread of God, which comes down from heaven, gives life to the world.

We pray for those who know nothing but need, yet there is bread to spare

Teach us how to share our bread.

The bread of God, which comes down from heaven, gives life to the world.

So, we pray for those who hunger and thirst for righteousness. Fill us with the same hunger, for we have bread to share.

Let us pray for our own needs and seek God's healing in body, mind, soul and spirit.

Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.

Hymn S t F 465 Guide me, O thou great Jehovah.

The Blessing. The Spirit of truth lead us into all truth, give us grace to confess that Jesus Christ is Lord, and to proclaim the word and works of God; and the blessing of God, Spirit, Son and Father, remain with us always. **Amen**