

2020 SUMMER DEVOTIONAL

First Presbyterian Church, Greensboro, NC
fpcgreensboro.org

Week five



I am the bread
of life

John 6:
35-40

“I am the bread of life.” Perhaps you have read this for yourself, or seen it on a bumper sticker, tee shirt or a coffee mug. But have you ever stopped to think about what this may mean? How are we to discern this for our lives in 2020?

If you were to flip back to the 3rd Chapter of Exodus, you’d encounter the story where God says to Moses, “I am who I am” and then tells Moses to go to the Israelites and say, “I am has sent me.” We come to the time of Jesus knowing that God sent his Son, fully human and fully divine. The Gospel of John’s “I am” statements dig deeper into who Jesus is and what he will do.

“I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.” Jesus the bread of life will feed us with what we are really seeking; that is, the spiritual nourishment that sustains us, not only now, but for life eternal for those who believe in him.

As John’s gospel unfolds, we come to understand that Jesus is not doing this on his own, but at the will of his Father. God sent down manna to the Israelites to satisfy their physical hunger, but now God has sent Jesus to give us what we really need: Him.

In a time and a place where the world seems to be saying, “everything you ever need I can give to you,” we find that we are still hungry; we are still thirsty; we are still not satisfied. And we find ourselves with this passage in which Jesus says, “I am the bread of life.” All that you really need you can find in Jesus, who feeds us each and every day of our lives. Jesus calls us unto Himself, to believe in Him and to be receive the bread of life to be filled for now and for eternity.



by member Susan Shadis

John 6:35

“Jesus said to them, ‘I am the bread of life.

Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.’”

Take in the painting, slowly moving your eyes over the image. Invite the Holy Spirit to be present with you in this exercise of visual devotion.

What do you notice when you look at the painting? What first stands out to you?

How do the colors and shapes in the painting make you feel? Does your eye gravitate towards a particular shape or color?

Read today’s scripture verse. Do you experience any resonances between the scripture and the image?

Pause. Breathe. Take in the image once more. Close your devotion time with a prayer, offering to God the prayers of thanksgiving and intercession that are on your heart this day.

WEEK FIVE
DAY TWO

Visio divina

WEEK FIVE
—
DAY THREE

Spiritual practice

Baking
and eating
together

For this year's summer devotional, each week will include an invitation to a spiritual practice. We know that our faith deepens and broadens when we engage embodied practices that form us as faithful disciples of Jesus Christ. We invite you this week into the practice of baking and eating together.

Jesus says in John 6, "I am the bread of life," reminding us of the nourishment we receive in body and soul through the gift of Holy Communion.

We have abstained from the sacrament in past months since we have not been able to gather in body for worship, and I imagine that for many of us, this abstention has been difficult.

In the coming days, consider engaging the spiritual practice of baking bread.

It doesn't have to be complicated; any kind of bread will do. As you mix and knead and fold and bake, consider the truth that Jesus is the bread of life, the food that sustains us in a way that nothing else can.

When you finish your baking, share the bread with family or neighbors, remembering Christ's call to be bread for the world.

Prayer

Gracious God, in your Son Jesus Christ, the bread of life, we find our nourishment. Grant that we may feast at the table of your presence, moving out into the world to share your feast with all those whom we encounter; through Christ our Lord; Amen.