

Speaking to the soul



The bread of your life

The true bread of God is the one who comes down from heaven and gives life to the world.” “Sir,” they said:

“give us that bread every day.” Jesus replied: “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.” John 6:33-35

When I was a boy, bread was only offered to us in two forms. It was either brown or white! These days, it is offered in a huge variety of ways – brioche, ciabatta, focaccia, multigrain, naan, pitta, rye, sourdough and wholewheat to name but a few – but however interesting it may be, it never ultimately satisfies us. We will always need more! When Jesus identified himself as the bread of life, he was claiming that we would never need to look for anyone else to satisfy us. He could meet all our needs.

This is the first time in John’s Gospel that we hear Jesus using the expression “I am”. These words are a clear echo of how God spoke of himself in Exodus 3:14: “I am who I am.” Jesus was acknowledging who he was as the Son of God. Jesus describing himself as bread made it clear that he was for everyone. If he had called himself the caviar of life, we would have got the message that he was reserved for the wealthy and that the majority of people would miss out, but bread is ordinary. Bread is for everyone. Jesus was identifying himself as the one who could satisfy the needs of everyone, whatever their background or circumstances.

Today we will need to be nourished and have our thirst quenched, and Jesus offers himself to us. We can come to communion and receive bread and wine to remind us of Jesus’ offering of himself on the cross, but we can also receive him as we pray amid the rush and noise of our lives.

As we go to the shops, or eat, or work or play, we can reach out to the bread of life and receive his peace and love.

QUESTION

In what ways is Jesus the bread of your life?

PRAYER

Lord Jesus, thank you that you offer me bread which will always satisfy my deepest needs. Amen

Photograph - Keukenhof gardens blooming spring flowers by the pond. Colourful tulips and blue Muscari flowers. Beautiful ornamental garden landscape at Lisse, Netherlands.

