

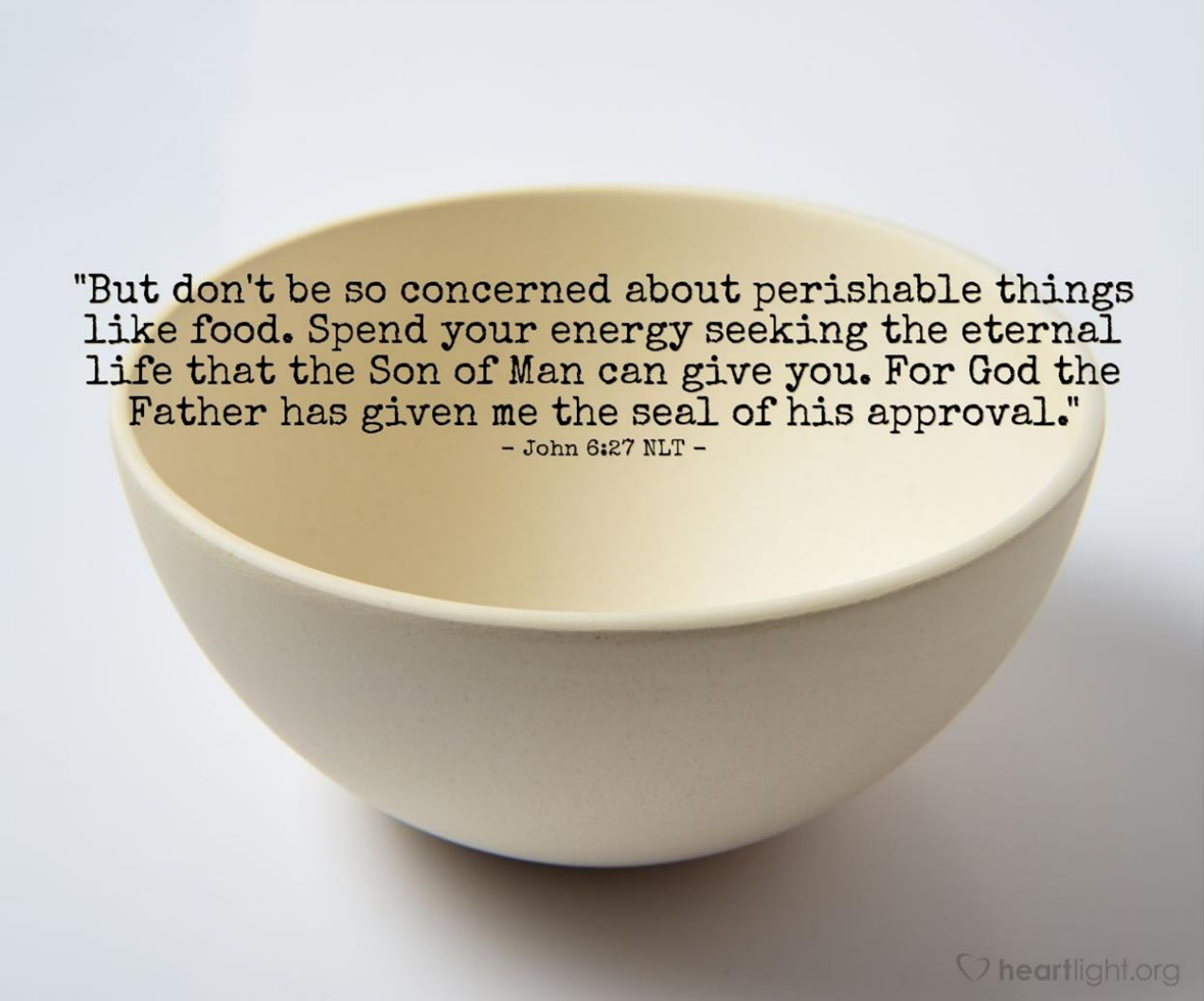
If Jesus asked you this question, what would you reply?

Would it come from your knowledge (head) or the way you live your life (heart)?

Both are important but often we believe the facts but do not embrace them in our lives. Why is this?

There are seven “I Am” statements made by Jesus in the Gospel of John.

During 2023 we will reflect and pray about all seven.

A white ceramic bowl is centered in the frame, set against a light, neutral background. The bowl is empty and its rim is clearly defined. The text is overlaid on the upper portion of the bowl.

"But don't be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man can give you. For God the Father has given me the seal of his approval."

- John 6:27 NLT -

 heartlight.org

A black and white photograph of a coastal landscape. In the foreground, waves are crashing against dark, rocky shorelines. In the background, a range of mountains or hills stretches across the horizon under a hazy sky.

God is most glorified in us when we are most satisfied in Him.

John Piper

 @pipermedia

JESUS SAID TO THEM,

**“I AM THE
BREAD OF LIFE;**

**WHOEVER COMES TO ME
SHALL NOT HUNGER, AND
WHOEVER BELIEVES IN ME
SHALL NEVER THIRST.”**

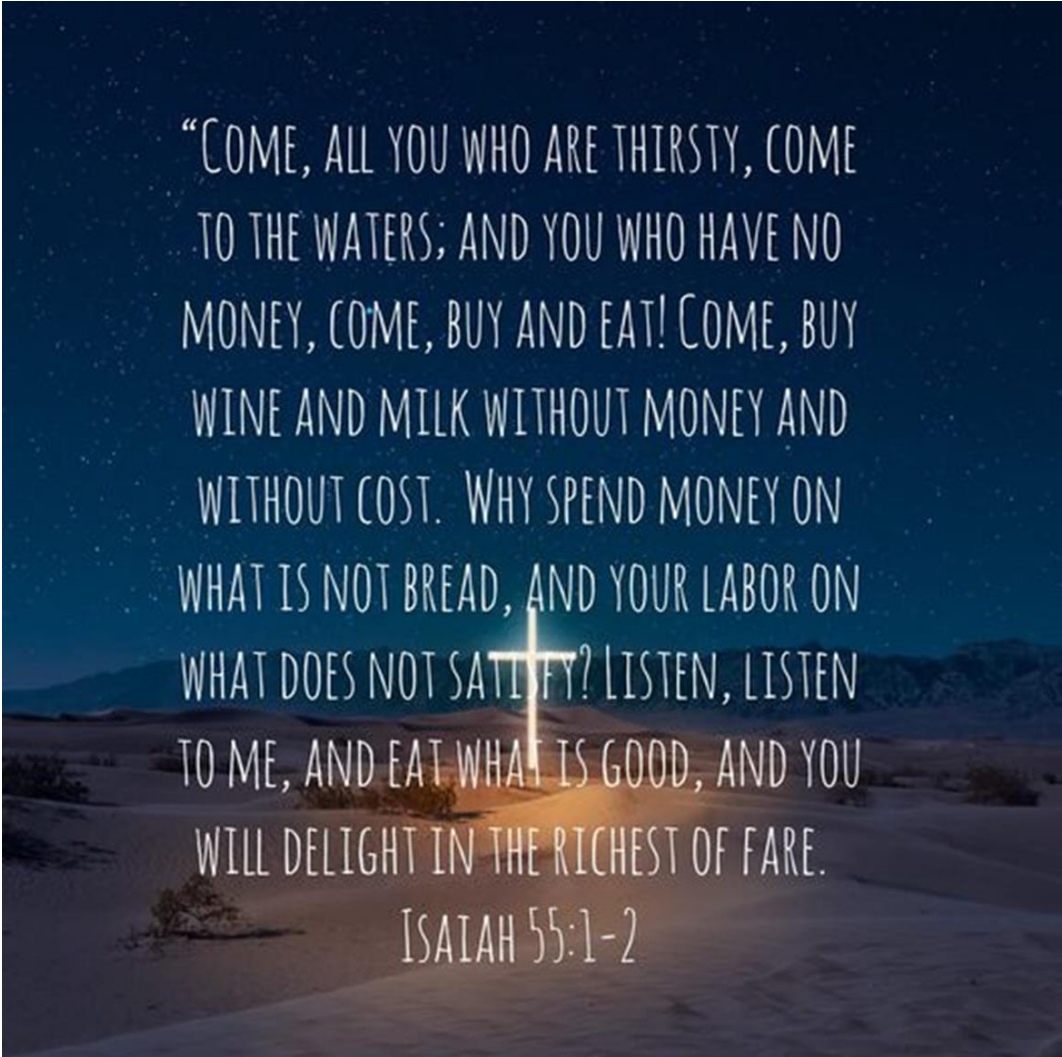
JOHN 6:35

I AM THE BREAD OF LIFE

Reflection: Jesus is the bread we need to live and do life.

Read through John 6 slowly, asking God to guide and direct you. As you proceed through the passage remember which verses stir up something within you. Once you have finished slowly and prayerfully reading through the passage, go back over the verses that you felt some stirring around, pondering them one at a time while asking God to guide and direct you to spiritual insight and truth.

Read Exodus 16. Several times in John 6 where Jesus states “I Am the Bread of Life” Jesus alludes to manna which God provided to the Hebrews during their time in the wilderness. Read Exodus 16:1-36, which speaks of the manna God sent from heaven.

A photograph of a desert landscape at dusk or dawn. The sky is a deep blue with some stars visible. In the center, a glowing cross is superimposed over the landscape. The text is overlaid on the image in a white, serif font.

“COME, ALL YOU WHO ARE THIRSTY, COME
TO THE WATERS; AND YOU WHO HAVE NO
MONEY, COME, BUY AND EAT! COME, BUY
WINE AND MILK WITHOUT MONEY AND
WITHOUT COST. WHY SPEND MONEY ON
WHAT IS NOT BREAD, AND YOUR LABOR ON
WHAT DOES NOT SATISFY? LISTEN, LISTEN
TO ME, AND EAT WHAT IS GOOD, AND YOU
WILL DELIGHT IN THE RICHEST OF FARE.

ISAIAH 55:1-2

BREATH PRAYER

This is a style of prayer you incorporate throughout your day as you breathe.

It is typically 7 – 9 syllables.

This month's breath prayer is "Jesus, sustain and strengthen me."

PRAYER OF EXAMEN

This is a tool used to help you reflect upon your day to help you better partner with God and be aware of how you are or are not experiencing the reality of God in your life.

When did I experience Jesus as the source of life today?

When did I turn to Jesus to sustain and strengthen me?

When did I experience Jesus being enough for me?

When did I desire something or someone other than Jesus to sustain and/or strengthen me?

ACTIONS

Walk down to the river and feed the ducks or feed the birds near your house.

If you find birds to feed, pay attention - watch how they gobble up the food, how they eagerly seek it.

How does your hunger, your seeking after Jesus compare to the eagerness and desire these birds have for the food you freely throw out to them?

What may be in your life that is suppressing your desire for Jesus or satisfying it in an artificial way?

Write a letter to God to express your thanks for his provision, strength, and sustenance for us.

Collect a group of friends together for communion - take part in the communion celebration together speaking out over the bread and wine and concentrate on how God has provided for us in everything.

Donate some food to Godmanchester foodbank – take this opportunity to provide for someone else. Why not make it a regular commitment?

Provide for someone who has no home – it may be supplying some possessions that you have to someone who has nothing, it may be donating money to a recognised refugee or homelessness charity, it may be hospitality to someone in the short term when they find themselves on hard times.

Around the world, we produce more than enough food to feed the global population – but more than **810 million** still go to bed hungry every night.

771 million people in the world – one in ten – do not have clean water close to home.

There are about **227,000** households in England meeting the statutory definition of homeless and living in temporary accommodation with no settled home (the term “household” is rather inappropriate here, as they don’t have a permanent house to hold on to).

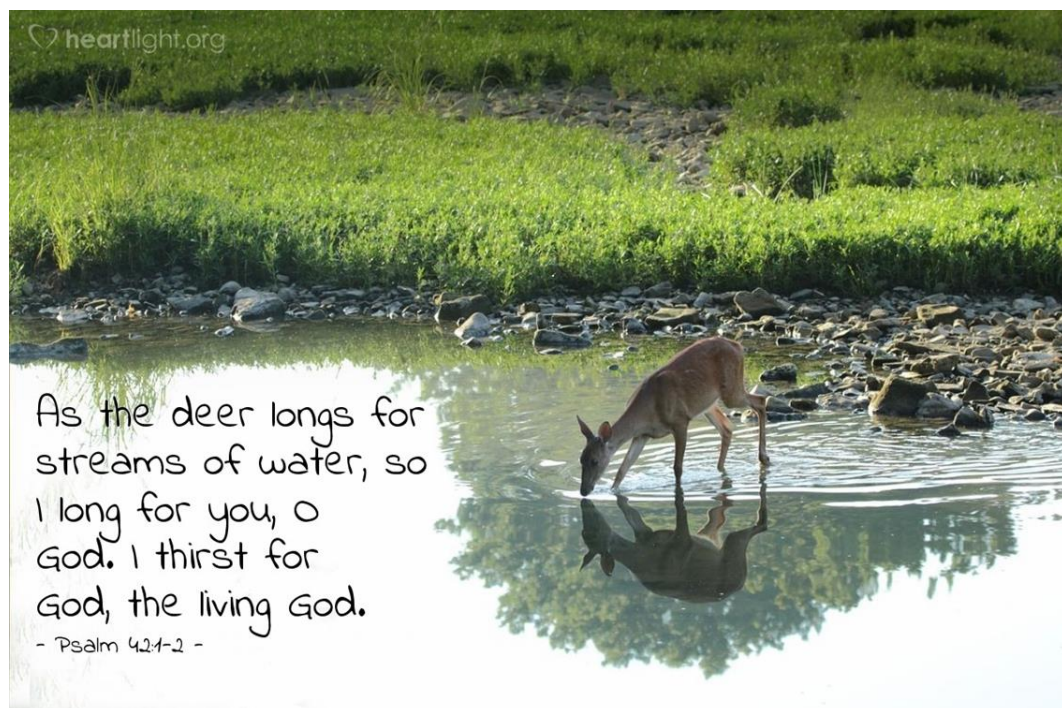
There were 4.3 million children living in poverty in the UK in 2020-21.



Global extreme poverty rose in 2020 for the first time in over 20 years as the disruption of the COVID-19 pandemic compounded the forces of conflict and climate change, which were already slowing poverty reduction progress. **3.1 billion** people can’t afford a healthy nutritious diet.

84% of the world’s population identifies with a religious group.

In 2015, **1.2 billion** people in the world, or 16%, said they have no religious affiliation at all. This does not mean all those people are committed atheists; some – perhaps most – have a strong sense of spirituality or belief in God, gods, or guiding forces, but they don’t identify with or practise an organised religion.



Your Relationship with God – looking UP

What does bread mean to you?

Would you describe your relationship with God as stale or fresh?

Are you serious about your relationship with God or are you just loafing around?

What comes to your mind as you consider Jesus as the Bread of Life?

As you reflect on this 'I Am' statement, are there feelings of disappointment, anger, frustration, confusion, hurt, or pain that arise within you?

What is the impact of these emotions on your own life and on your relationship with God?

Your relationship with your church community – looking IN

How might your relationships, your values, and your stewardship of all God has graciously given you be different if you chose to keep your 'I Am' statement at the forefront of your heart and mind?

Bread comes in many varieties. Do you celebrate this diversity within the church community?

Bread is an important part of communion. What does this symbol mean to you and your church?

Your relationship with those outside church – looking OUT

What are the invitations, promises and encouragements that you find in the "I am" statement for you as you relate to the wider community?

What are the challenges?

Bread is for sharing. How is Jesus shared in our world?