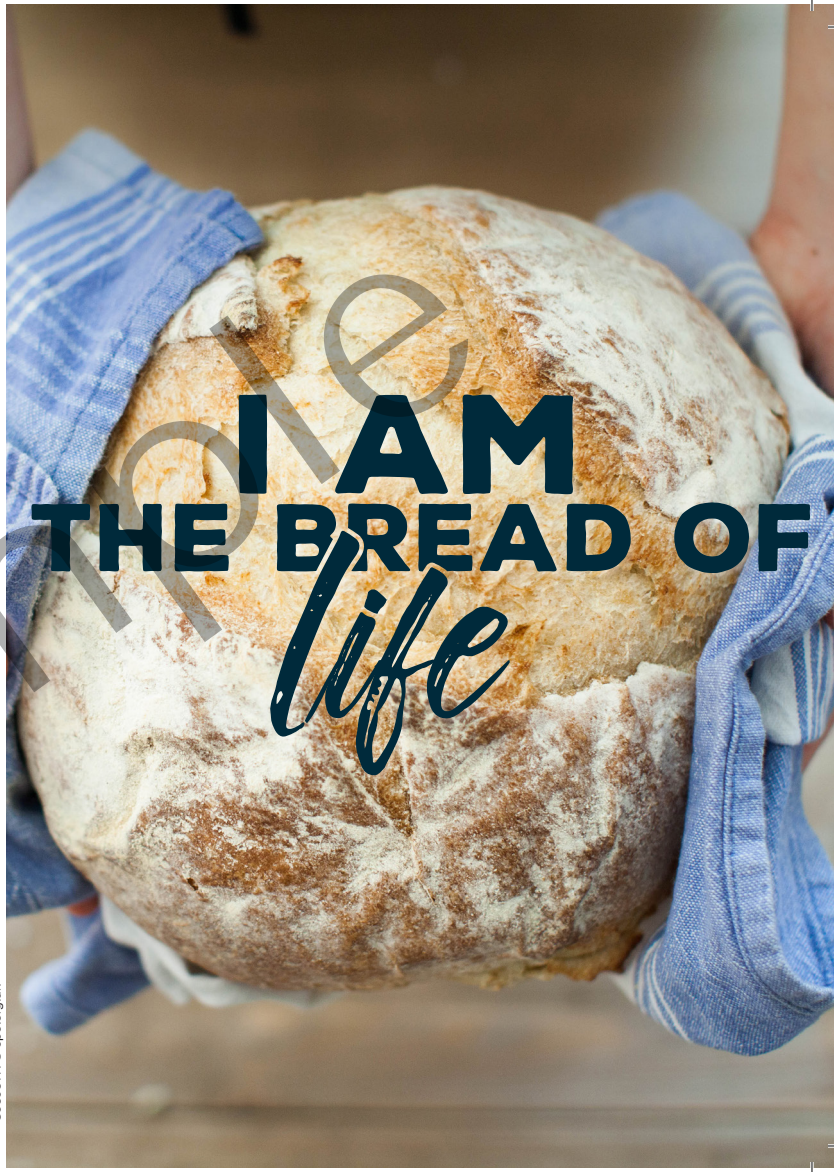


Sam... I AM THE BREAD OF life



Food is one of the greatest pleasures of life. We need it to live, but we don't just eat to meet our bodies' energy requirements. We eat to reward ourselves; we eat when we need soothing; we eat out of boredom; we eat as a distraction and as a form of entertainment. As a culture, we eat much more than we need and as a result suffer all sorts of health issues and fund a bizarre industry devoted to helping us restrict our calorie intake.

When Jesus said he was the 'bread of life' he meant he was as key to survival as the staple food of the day. He meant he could satisfy more fully than the freshest, most fragrant crunchy loaf of bread. He meant that he could meet the gnawing craving in the pit of the stomach

that the most delicious array of dishes doesn't even touch because the hunger isn't really for a hearty meal.

Are you aware of a hunger that is never satisfied? Put these audacious words of Jesus to the test. Come to him with your need for sustenance and comfort and see what happens.

#### **A prayer**

*Jesus you said you were the bread of life. I am hungry and tired and overwhelmed by needs that never come close to being met. Please will you satisfy me.*

*Amen.*