

**2015-08-02 Sue Diggory**

**Trinity 9 – 8.00am: Exodus 16 2 – 4 and John 6 24 – 35**

Today we are still thinking about food – last week it was bread and fish for the feeding of the 5,000 and today we have 2 readings that feature food – manna and quails in the desert and bread, the bread of life that Jesus wants to give to all of us.

In our first reading we heard about how God provided for his people in the desert, he sent 'manna' which means 'what is it' because the Israelites had never seen anything like it. They had to collect it each day, if they kept it overnight it went mouldy so every morning they had to go out and get their manna for breakfast and after a while the people moaned – not manna again, we want some meat – so God sent quails

Manna for breakfast and quail for tea, it might have been a bit boring BUT they never went hungry as long as they gathered their food each day.

Most of us never really go hungry, we all have enough food to eat, but there is another sort of hunger, a hunger we feel on the inside, a hunger to be loved and feel special, not just as part of our family, but as part of God's family and here we come to our Gospel reading where Jesus says I am the bread of life, not bread like manna that needs to be collected each day, but bread that brings lifelong and life giving nourishment

In the desert God wanted the Israelites to see that they could rely on him to physically feed them every day and now Jesus was showing people that they could rely on him to feed them spiritually every day. Today in our 10.00am service 2 little girls, are going to be baptised, they will be taking their first step on their journey of faith as they begin to rely on Jesus to feed them spiritually every day, to be their ever loving and ever faithful friend as they become part of the ever growing world-wide family of the church.

For those of us who have been on the journey for a while the same promise is available to us, to be fed every day by our ever loving and ever faithful saviour.

Shortly we will come to the table, Christ's table to be fed, to be fed with the body and blood of the one who is the 'Bread of Life' the one to whom we come knowing that as we feed on him we need never be hungry again.

Let's just pause for a moment of quiet prayer -

Living God,  
In a world that looks for instant satisfaction  
Quick fixes, fast food,  
We turn to you again, seeking eternal fulfilment,  
Lasting renewal and enduring nourishment through Christ.  
Meet with us we pray, and feed us once more,  
In body, mind and spirit.  
Amen.