



Sunday Worship at Home 8th August 2021 Trinity 10

Opening Prayers:

The Lord our God Almighty reigns! Let us rejoice and give him the glory.

Lord, direct our thoughts and teach us to pray.
Lift up our hearts to worship you in spirit and in truth;
through Jesus Christ our Lord. **Amen**

Invitation to confession:

Jesus says, "Repent, for the kingdom of heaven is close at hand".

So let us turn away from sin and turn to Christ,
confessing our sins in penitence and faith.

Lord, you are gracious and compassionate:

Lord have mercy

Lord, you are loving to all:

Christ have mercy.

Lord, your faithful servants bless your name and
speak of the glory of your kingdom:

Lord have mercy

May almighty God have mercy upon you,
forgive your sins and bring you to everlasting light. Amen

The Collect (Special Prayer for the day)

Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us
patience and courage never to lose hope, but always to bring our prayers before you;
through Jesus Christ our Lord.

Gospel Reading: John 6.35,41-51

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. Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.

This is the Gospel of the Lord. **Praise to you O Christ.**

Reflection on the Gospel. Today we have another Gospel text that focuses on a discussion between Jesus and the crowds about bread which comes from Heaven, and we have one more next week which seems to be yet another round of the same conversation. In verse 35 Jesus' claim that he himself is the bread of life and that whoever comes to him will never be hungry and whoever believes in him will never be thirsty. The rest of the text is an explanation of that claim. Last Sunday's gospel concentrated on Jesus as the gift from the Father for the life of the world, where this Sunday the focus is on Jesus as the centre of faith which draws people to the Father, these series of readings about the Bread of life are connected, yet the crowds who made such effort to find Jesus after he had crossed the lake, began to grumble, just as Israel did in the wilderness. Their complaints come from their own difficulty in accepting Jesus is what he says he is., the Son of God. In their eyes, he can't possibly have come from Heaven, because they know his parents. The truth of Jesus is not in knowing the human parents who brought him up, but in knowing that Jesus came from his Father in Heaven. The crowd's inability to accept this stands in their way of seeing the truth. Jesus is the embodiment of God, we get to know God by first knowing Jesus, the more we get to know Jesus, the closer we come to God. It is in this closeness to God through Jesus that we are assured in life eternal, because Jesus is the bread of life. In our Gospel, Jesus is not talking about the fancy breads we eat to keep our physical bodies satisfied, or the manna that the Israelites eat in the wilderness to keep from starving, he is talking about the feeding of the spirit with the joy of knowing there is more to life than the accumulation of "things". As good as they may be, we can still be left with a feeling that something is missing, something to sustain us and pour love and peace into our hungry hearts so that we can be reconciled with God and truly live now, and forever. In every Holy Communion service we are invited to the Eucharistic table, to eat of the bread of eternal life. Next time you do so, ask yourself in what frame of mind do you approach the communion table? With nonchalance, or with a racing heart eager to receive the sustenance for the soul that the body and blood of Christ gives?

The Creed

We believe in God the Father,

from whom every family in heaven and earth is named.

We believe in God the Son, who lives in our hearts through faith,
and fills us with his love.

We believe in God the Holy Spirit,
who strengthens us with power from on high.

We believe in one God, Father, Son and Holy Spirit. **Amen**

Be still and Pray: for the world, areas of conflict, disruption, famine or flood. Your family and community. |The Government, Her Majesty the Queen. Pray for comfort and peace for those who are ill or awaiting operations. Pray for the souls of those who have died recently, and those we love and remember, giving thanks for all they meant to us.

The Lord's Prayer: Our Father.....

Blessing:

The Lord bless you and watch over you, the Lord make his face shine upon you and be gracious to you, the Lord look kindly on you and give you his peace. Amen

Reverend Irene