

First Baptist Church Smiths Falls

August 5, 2018 - Communion Sunday

Scripture Reading: John 6:35 & 41-51

35 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. 41 Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." 42 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'?" 43 Jesus answered them, "Do not complain among yourselves. 44 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. 45 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. 46 Not that anyone has seen the Father except the one who is from God; he has seen the Father. 47 Very truly, I tell you, whoever believes has eternal life. 48 I am the bread of life. 49 Your ancestors ate the manna in the wilderness, and they died. 50 This is the bread that comes down from heaven, so that one may eat of it and not die. 51 I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

Congregational Prayer/Prayer of Illumination:

Our Father, Which Art In Heaven, Hallowed Be Thy Name. Thy Kingdom Come. Thy Will Be Done, On Earth As It Is In Heaven. Give Us This Day, Our Daily Bread, And Forgive Us Our Trespasses, As We Forgive Those Who Trespass Against Us. And Lead Us Not Into Temptation, But Deliver Us From Evil. For Thine Is The Kingdom, The Power And The Glory. Forever And Ever. Amen

Message: "By Bread Alone"

Introduction:

- A Bank President was so wealthy - yacht sinking on east coast - Coast Guard, reassuring, asks for the man's current position - President of Board of First National Trust!
- No matter your position on earth, those without Jesus are in a desperate position. Those without Jesus are lost, and need to be rescued. How wonderful it is that God opens eyes to see Jesus Christ, and His saving, life-giving example. How great it is that Jesus able to fill our spirits, because He is the bread of life.
- As we get ready to come to this table of communion, let's prepare our hearts by seeing how Jesus is the bread of Life.

Part 1: We Are What We Eat:

- They say that the average North American eats a loaf of bread every week. Bread, in moderation and with care, is good for you. It has vitamins and minerals, and it has fibre necessary for healthy living. Eat bread, and be strong. I found a story of an electrician who was sick from lead poisoning. They found out

that the insulation on the electrical wiring he installed contained lead. It seems that he would chew the ends of some of the wiring while he worked. We are what we eat.

- Jesus tells us that He is the bread of life. Have you ever eaten the wrong foods? Maybe it's the potato chips you are eating at night, or too much spice on your Italian food, or maybe it's a food that you are becoming sensitive to. Let me read to you a portion of a report on Canadian eating habits from 2017: "The initial Leger survey found that in B.C., Asian and organic foods are more popular, and red meat is consumed less than elsewhere in Canada. Albertans spend more money, and eat more meat, drink less wine and involve men more often in food purchases. Ontarians enjoy Caribbean flavours, bring their lunches to work, and are more likely than residents elsewhere to text during breakfast. Quebecers eat breakfast more often, spend more time at the table, drink more wine and prefer to eat meals at home rather than in restaurants. Maritimers eat the earliest,

and are more likely to learn from mothers and grandmothers than the Internet or cooking shows, preferring meals that are easy and economical. And while the vast majority — 91 per cent — say they want to eat a healthy, and balanced diet, only one in 10 say all their meals meet that goal.

- Just as lead in the wiring creates poisoning, so too, the wrong food for our spirit, for your soul, will contaminate. If you are trying to satisfy your soul, your spiritual well-being, with sexual exploitation, with money and greed, if you are trying to satisfy your soul with music, by following your idol from the movies or sports, by vacationing, by doing any means other than God, you will fail.
- When Jesus told the crowd that He is the bread of life (John 6:35), not everyone accepted it. It is no different today. When offered the bread of life from Jesus, many people simply choose to starve to death. Is that you? Are you chewing on lead poisoning when you could be eating of the banquet of the living

God?

Part 2: Communion

- As we come to this table of communion, may I challenge you to prepare yourself by reflecting on Jesus Christ, the bread of life. Jesus is able, and willing, to fulfil our need for Him to provide food for our soul. We all have a hunger for love, for joy and for the peace, and only Jesus can give these things and more. We desire the food of purpose, meaning, and direction. We yearn for cleansing, wholeness, and health. We long for what Jesus can give us, something which Augustine calls the “restless searching of the soul, whose quest for rest is in vain until it finds its rest in God.”
- Just as God sent bread, called Manna, from heaven to the Israelites for 40 years, so too God can and will feed you. God will feed your stomachs and God will feed your soul. Listen: our God is the bread of life. He is so in two ways: 1. God will provide for your physical need for food. When you rely on

Him, you cup shall overflow (Psalm 23:5). 2. God will provide you with life. God will give your soul love, joy, peace, hope, and much more.

- Not everyone believes that God will be there to feed you physically. Let’s turn to 1 Kings 19. Look at verses 5b and 6: *“All at once an angel touched him (the prophet Elijah) and said, “Get up and eat.” 6 He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.”* Manna for the Israelites for 40 years, and bread on coals for a hungry prophet of God. In Matthew 15:32, Jesus recognized the hungry crowd, and then fed them, just as He fed their souls. God will provide for you your daily bread, if you call upon Him. What do we pray with the Lord’s Prayer?: *“...give us this day our daily bread.. (Matthew 6:11)”* Do you rely on God for that which you need daily? Do you thank Him for providing for you the banquet, the abundance of life? Give us this day our daily

bread.

- And The Lord will provide bread for your soul. You see, more importantly than physical food, God will provide for you your spiritual food. When we pray "*Give us this day our daily bread.*" we are also praying for food for our soul. In John 6:35 of Jesus saying: "*I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.*"
- Are you hungry for God? Do you need the strength of Jesus in your life? Are finding that the things of this life just do not satisfy? Come to Jesus, for He is the bread of life.

Conclusion:

- In her book, A Gift for God, Mother Teresa expresses well what it means to eat of the heavenly bread that Jesus Christ offers. She says, "Put yourself completely under the influence of Jesus, so that He may think His thoughts in your mind, do His work through your hands, for you will be all powerful with Him to

strengthen you." What is your position in life? Are you walking with Jesus? Are you eating of His bread of life? You are what you eat. Take. Eat. This is the bread of Life in Jesus Christ.