

FOOD

Practice Sheet

This week we invite you to reflect on the sign of Food

Question:

For what do you hunger?

Scripture:

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, 'Take, eat; this is my body.' Then he took a cup, and after giving thanks he gave it to them, saying, 'Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.'

Luke 26:26-29

Collect:

O God, who by the abundance of your Son all Creation is nourished and satisfied: Grant us, we pray, a holy hunger to be filled with your good things, and food for the leanness of our souls; through the bread of eternal life, Jesus Christ our Lord. Amen.

Practice:

Give thanks to God for your food and also your feelings, whether hungry or full. Remember that Jesus is the Bread of Life; Jesus is food that nourishes us, body or soul.



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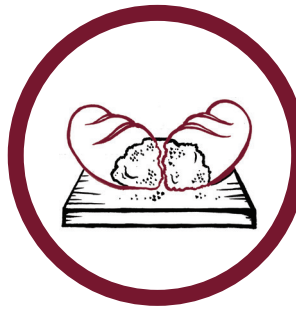
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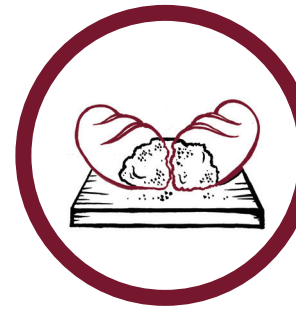
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Discussion Questions

Where does food show up in the life and liturgy of your worshiping community? How does food help you tell the Story?

Brother Luke says, "A piece of bread each day is a helpful reminder [that] I'm given what I need as opposed to all I crave." When have you received what you what need instead of what you want?

All around us, people are hungry for food that nourishes body and soul. Is this need being met in your community? How does your worshiping community meet this need?



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