



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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