

Morning Prayer – Thursday, May 7 2020

St. George's Anglican Church, Cadboro Bay / <https://www.stgeorgecadborobay.ca>

From: *The New Zealand Book of Common Prayer*

Theme: Give us today our daily bread.

Call to Worship

None of us lives and none of us dies for ourselves alone.
Living or dying we belong to the Lord.

Gospel Reflection

Jesus, you are the bread of life;
those who come to you will never be hungry;
those who believe in you will never thirst.
You are the living bread from heaven;
the bread you give is your own flesh,
and you give it for the life of the world.
All who eat your flesh and drink your blood
live in you and you in them;
for your flesh is the food we need,
your blood is our salvation;
all who eat your flesh and drink your blood have eternal life.
Look to Jesus in the wilderness,
breaking bread and feeding the multitude.

Silence for meditation.

Epistle Reflection

Sparse sowing, meagre reaping;
but if we are generous, bountiful will be the harvest.
So let us give what we can,
not with regret, nor from a sense of duty.
God loves a cheerful giver.
And when we help others, we will not just meet their needs,
we will unleash a flood of gratitude to God.
Many will give glory to God
for our loyalty to the gospel and for our generosity.
God loves a cheerful giver.

Poem – “I am the bread of life” by Malcolm Guite

Where to get bread? An ever-pressing question
That trembles on the lips of anxious mothers,

Bread for their families, bread for all these others;

A whole world on the margin of exhaustion.

And where that hunger has been satisfied

Where to get bread? The question still returns
In our abundance something starves and yearns

We crave fulfillment, crave and are denied.

And then comes One who speaks into our needs

Who opens out the secret hopes we cherish

Whose presence calls our hidden hearts to flourish

Whose words unfold in us like living seeds

Come to me, broken, hungry, incomplete,

I Am the Bread of Life, break Me and eat.

(a time for reflection on the reading)

Prayers

Thanksgivings and Intercessions

Our Father,
give us today our daily bread.

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With the bread we need for today, feed us.

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God of seed and growth and harvest,
creator of need, creator of satisfaction;
give us, we pray, our daily bread,
sufficient and assured for all.

Give us also, we pray, the bread of life,
and we shall have a care to feed the hungry,

and to seek for peace and justice in the world.
Help us, then, to remember and to know
that you are our life today and every day;
you are the food we need, now and for ever.
God,
give us work till our life shall end,
and life till our work is done.
Look kindly on our world, our God,
as we suffer and struggle with one another.
Look kindly on your Church,
driven by the same necessity;
and may the light we have seen in Jesus
illuminate and brighten all the world.
Amen.

Spiritual Exercises for today:

- 1) Bake bread. What is the experience like for you to bake bread? Does it make the eating of the bread different to also have the embodied experience of having made the bread?
- 2) Do some research on how often “bread” is present in the bible. What does this say to us about God and ourselves?

Sources:

Scripture reading and Prayers are from *A New Zealand Prayer Book*, The Anglican Church in Aotearoa, New Zealand and Polynesia. Copyright is held by the Anglican Church in Aotearoa, New Zealand and Polynesia.

“I am the bread of life” by Malcolm Guite from *Parable and Paradox: Sonnets of the Sayings of Jesus and Other Poems*, 2016 (Canterbury Press).