



## PREPARATION

• IN THE NAME OF THE FATHER, THE SON, AND THE HOLY SPIRIT •

God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him.

1 John 4:9

## WORSHIP

Anyone who denies the Son doesn't have the Father, either. But anyone who acknowledges the Son has the Father also.

**So you must remain faithful to what you have been taught from the beginning. If you do, you will remain in fellowship with the Son and with the Father. And in this fellowship we enjoy the eternal life he promised us.**

1 John 2:23-25

## CONFESSION

Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors.

**He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord.**

Deuteronomy 8:3

## MEDITATION John 6:24-35\*

**S**o when the crowd saw that neither Jesus nor his disciples were there, they got into the boats and went across to Capernaum to look for him. They found him on the other side of the lake and asked, "Rabbi, when did you get here?"

Jesus replied, "I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs. But don't be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man can give you. For God the Father has given me the seal of his approval."

They replied, "We want to perform God's works, too. What should we do?"

Jesus told them, "This is the only work God wants from you: Believe in the one he has sent."

They answered, "Show us a miraculous sign if you want us to believe in you. What can you do? After all, our ancestors ate manna while they journeyed through the wilderness! The Scriptures say, 'Moses gave them bread from heaven to eat.'"

### IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	What does the text say?
Respond	How does it relate to my life?
Rest	I welcome God's healing and renewal.

Jesus said, "I tell you the truth, Moses didn't give you bread from heaven. My Father did. And now he offers you the true bread from heaven. The true bread of God is the one who comes down from heaven and gives life to the world."

"Sir," they said, "give us that bread every day."

Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."

## ANCHORING PRAYER

*O God, satisfy my hunger and my thirst.*

## REVIEW OF THE HEART

*How has God satisfied my deepest needs?*

*When did I desire miracles more than God Himself?*

## WISDOM

Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. James 1:17

You gave them bread from heaven when they were hungry and water from the rock when they were thirsty. You commanded them to go and take possession of the land you had sworn to give them. Nehemiah 9:15

"For a small reward, a man will hurry away on a long journey; while for eternal life, many will hardly take a single step." –Thomas A 'Kempis

## TESTIMONY *What is God saying today?*

## INTERCESSION *For the Church—for others—for me.*

## BENEDICTION

You have done many good things for me,

**Lord just as you promised. I believe in your commands; now teach me good judgment and knowledge. I used to wander off until you disciplined me; but now I closely follow your word.**

• Amen •

Psalm 119:65-67

### SPACE FOR GOD DAILY

Be still and quiet before God.

Seek the Holy Spirit's filling and guidance.

Speak and act from a listening heart.

Actively serve in community with others.