

# "Feeding on the Bread of Heaven"

John 6:24-35

August 6, 2006

Recently, I received an e-mail about real signs found in the real kitchens of real people. "*A messy kitchen is a happy kitchen and this kitchen is delirious.*" "A clean house is a sign of a misspent life." "A balanced diet is a cookie in each hand." Or "If we are what we eat, then I'm easy, fast, and cheap."

I suppose that you have heard that old phrase before, "You are what you eat!". I was actually pondering that saying this week when I ran across that list of kitchen signs. Along with the use of that saying on one sign, I was surprised to find that there are books and even TV programs by that title - it is a thought that is expressed in quite a number of web sites that tout the concept of healthy eating as a way to a healthy life. I suspect that the phrase is not intended to be taken too literally. I don't think that the intent is to say that if you eat a lot of fish you will become a fish. But I do find myself thinking about it this week. I have wondered ..... is it because my wife makes the best 'scotch-erooies' ever - and I eat a lot of them - is that why I am so sweet and a bit goo-ie?

**You are what you eat! ??? I suspect that there is a great deal of truth in the saying. In general terms, I am convinced that if we eat healthy foods we will be more healthy than if we feast only on junk foods. But I also think of this phrase in more general terms. I really believe that what we spend our lives consuming [those activities, practices, the TV shows, the language those around us speak, etc] all do shape how we think and how we live our lives. What do you think?**

**Jesus said, "I am the bread of life." The people remembered how Moses had given bread from heaven to the ancient people of Israel. Jesus reminded them that the bread was a gift from God and that the bread of God is that which comes down from heaven and gives life to the world. – The Bread of Life - the bread of heaven - gift from God to give life to the world. .... What's in your diet? Are you getting your daily portion of bread? And more than that - - - I find myself wondering how the old saying fits in? Is it true that we are given the bread of Heaven and invited to feast on our relationship with God in Jesus Christ - that we are begged by our God to have our lives reshaped by Christ as we receive life in His name - as we receive bread from His hand ... as we are filled with the bread of heaven?**

**Are we 'what we eat'? It is so amazing for me to read and consider the events of today's gospel text. It comes immediately after the events we talked about last week. 5000 people had gathered around Jesus on a grassy hillside. Jesus had just feed the**

whole crowd in miraculous fashion. Taking the lunch basket of a young boy - a basket containing 5 small loaves of bread and 2 small fish, Jesus fed them all and was able to gather 12 full baskets of leftovers. The next day, the crowd came looking for Jesus again. They wanted what Jesus had to offer - they wanted to accept His as king - but they were slow to believe - slow to respond to what they had already seen. Jesus even had to chastise the people a bit - He accused them of only following Him because they had had their fill of the bread from the feeding of the 5000 the day before - and it seems to me that He implies that beyond the miracle fast food they really did not know what He was about.

To those who came hungry, Jesus said, "I am the Bread of Life" - - - - Bread of life that will fill you're your hunger - - - bread that will become a part of you and shape your life ..... after all, you are what you eat! Right???

I really love the story I read about a policeman who made an honest mistake - a mistake which is perfectly understandable to me. It seems that the policeman was at an intersection when a driver approached the light. Seeing that it just turned yellow, he did the right thing, stopping at the crosswalk even though he could have easily beaten the red light by accelerating through the intersection. The woman behind him, however really had hopes of getting through even if it meant seeing a bit of pink. She went ballistic when she had to stop with the light still yellow. She was pounding on her horn and screaming in frustration as she leaned out the window making certain hand signals to emphasis her displeasure. Still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up. He immediately 'cuffed' her and took her to the police station where she was searched, fingerprinted, photographed and placed in a cell. After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects. He said, "I'm awfully sorry for this mistake. You see, I observed the whole incident as you were blowing your horn, flipping the guy off in front of you, and cussing a blue streak at him. And I also noticed the "What Would Jesus Do?" bumper sticker, the "Follow me to Sunday School" bumper sticker and the chrome plated Christian fish emblem on the trunk. Naturally, I assumed you had stolen the car.

If we are what we eat, it does not seem as though the bread of life had been on her menu? Too, often it seems as though we are very much like the crowds of people who came looking for Jesus. We are interested in what we can get out of it but not really interested in making that Bread a part of our daily menu. We like the feats that the world sets before us. Too often our lives reveal what we have been eating and it has not been the bread of life.

**Paul talks about living a life worthy of the call to which we have been called. In his letter he talks about characteristics like humility, gentleness, patience, unity, and love. It would seem pretty clear that the angry motorist had stopped for a meal somewhere else on her way to Sunday School and forgot to ask 'What Would Jesus Do?'**

**Do you believe that it is true that 'we are what we eat'? Bread of Life is offered. And, yes, it is the bread of eternal life. But it is also bread for our daily life. It is a bread that strengthens, encourages, and fills us. It is a bread that shapes who we are. Jesus invites us to the table.**

**AMEN**