KOUNTZE MEMORIAL LUTHERAN CHURCH A CITY-WIDE CHURCH WITH A WORLD-WIDE MINISTRY

Olaf Roynesdal, Senior Pastor H. Ashley Hall, Associate Pastor Paul H. Moessner, Associate Pastor Inba Inbarasu, Visitation Pastor 2650 Farnam Street Omaha, NE 68131-3616 402-341-7761 www.kmlchurch.org

August 5, 2018

9:00 & 11:00 AM

ELEVENTH SUNDAY AFTER PENTECOST



Apparently not satisfied by Jesus' feeding of thousands, some who were there press him for a sign of his power; perhaps it is daily manna they want. As always in John's gospel when people want a sign, Jesus offers himself. He is the bread come from heaven to give life to the world. He calls us to come to him and believe in him, and through that relationship to know the one who sent him.

GATHERING

PRELUDE

WELCOME AND ANNOUNCEMENTS

(stand)

CONFESSION AND FORGIVENESS

- **P** Blessed be the holy Trinity, ⊕ one God, full of compassion and mercy, abounding in steadfast love.
- Amen.
- P Trusting God's promise of forgiveness, let us confess our sin against God and one another.

Silence is kept for reflection and self-examination.

- **P** Eternal God our creator,
- In you we live and move and have our being.

 Look upon us, your children, the work of your hands.

 Forgive us all our offenses, and cleanse us from proud thoughts and empty desires.

 By your grace draw us near to you, our refuge and our strength; through Jesus Christ our Lord. Amen.
- P Since we are justified by faith alone, we have peace with God through our Lord Jesus Christ. God's love has been poured into our hearts through the Holy Spirit given to us. In the mercy of almighty God, Christ died for us while we still were sinners; and for his sake, God + forgives you all your sins.
- **G** Amen.

PROCESSIONAL HYMN

"Guide Me Ever, Great Redeemer"

ELW 618

APOSTOLIC GREETING

- P The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
- **C** And also with you.

Glory to God



PRAYER OF THE DAY

- P Almighty God, eternal goodness, immeasurable love,
- **9** you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes only from you, through Jesus Christ, our Savior and Lord. Amen.

WORD

(sit) FIRST READING

Exodus 16:2-4, 9-15

A food crisis becomes a faith crisis for the Israelites in the wilderness. The hungry people forget God's saving work in the exodus, and they wish for the food they had in Egypt. Nevertheless, God miraculously meets their needs, with manna for bread and quail for meat.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger." ⁴Then the LORD said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not." ⁹Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining." "10 And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. ¹¹The LORD spoke to Moses and said, ¹² "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.' "13In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat."

L The word of the Lord.

☑ Thanks be to God.

PSALM 78:23-29 (read responsively)

²³So God commanded the clouds above and opened the doors of heaven,

²⁴raining down manna upon them to eat and giving them grain from heaven.

²⁵So mortals ate the bread of angels;

God provided for them food enough.

²⁶The Lord caused the east wind to blow in the heavens and powerfully led out the south wind,

²⁷raining down flesh upon them like dust and flying birds like the sand of the seas,

²⁸letting them fall in the midst of the camp and round about the dwellings.

²⁹So the people ate and were well filled,

for God gave them what they craved.

THE SECOND READING:

Ephesians 4:1-16

Christians share fundamental unity and diversity. Our unity consists in the one body, one Spirit, one Lord, one faith, one baptism, and one God. Our diversity is expressed in various forms of ministry, whose goal is equipping the saints and building up Christ's one body.

T therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, 5 one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all. ⁷But each of us was given grace according to the measure of Christ's gift. 8Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." m⁹(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. ¹⁴We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

L The word of the Lord.

☑ Thanks be to God.

GOSPEL ACCLAMATION



- P The Holy Gospel according to St. John.
- Glory to you, O Lord.

THE HOLY GOSPEL

John 6:24-35

Many of the five thousand people Jesus fed in the wilderness continued to follow him throughout the countryside. Jesus challenges them to consider the real nature of their quest.

When the crowd saw that neither Jesus nor his disciples were beside the sea, they themselves got into the boats and went to Capernaum looking for Jesus. ²⁵When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" ²⁶Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." ²⁸Then they said to him, "What must we do to perform the works of God?" ²⁹Jesus answered them, "This is the work of God, that you believe in him whom he has sent." ³⁰So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? ³¹Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" ³²Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³For the bread of God is that which comes down from heaven and gives life to the world." ³⁴They said to him, "Sir, give us this bread always." ³⁵Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

 ${\bf P}$ The Gospel of the Lord.

☑ Praise to you, O Christ.

(sit)

CHILDREN'S BLESSING (9:00 AM)

Children (aged 3 years through 5th grade) are invited to come forward for a blessing. Then, they may either follow the teacher upstairs for an extended children's sermon (joining us again later in time for Communion) or they may return to their seat and use the Spark Bible and/or activity bags during the regular sermon.

SERMON Pastor Roynesdal

(stand)

HYMN OF THE DAY

"God's Word Is Our Great Heritage"

ELW 509

THE APOSTLES' CREED

- **P** With the whole church, let us confess our faith:
- **G** I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead.

On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

PRAYERS OF INTERCESSION

Response: P Lord, in your mercy,

G hear our prayer.

(In our prayers today, during a time of silence, pray for those listed below and for others according to their needs)

Sympathy: to Jeba Inbarasu and family on the death of her brother-in-law

Illness: Emalee Gardels, Eunice Grunberg, Janice Nelson, Gary Rodene, Grant Searcey

Other Prayers: *Those serving in the military* – Amy Dyer, Brennan Hron, Michael McNeill, Daniel Milstead, Cody Ray, Sheldon Skovgaard, Michael Vutov, and Joel Woosley

Other Prayers: *Those serving in mission* — Rev. Chandran Paul Martin, India; Dr. Stephen & Jodi Swanson, Tanzania; Krystle Moraska & Ignacio Madrussan, Argentina; Meghan Brown Saavedra, Mexico; Our sister congregation, the American Church in Berlin

WE SHARE GOD'S PEACE

- P The peace of Christ be with you always.
- **And also with you.**

MEAL

(sit)

THE OFFERING IS RECEIVED

We glorify God in our giving. Our offering is an act of worship that makes the ministries of this church possible. We encourage everyone to give. If you are visiting with us today, please do not feel obligated to participate in this portion of worship. If you would like, use the QR code scanner on your smart phone to give online or use the giving kiosk in the Fellowship Hall.



OFFERTORY ANTHEM

"Blessings"

arr. Laura Story *Sue Mollner*, soloist

THE TABLE IS PREPARED

(stand)

THE OFFERTORY HYMN

"Accept, O Lord, the Gifts We Bring"

ELW 691

Accept, O Lord, the gifts we bring to place upon your table. We do not worship as we ought but only as we're able.

The vines were planted, seeds were sown. They grew in your good pleasure. What once was common, daily food becomes a holy treasure.

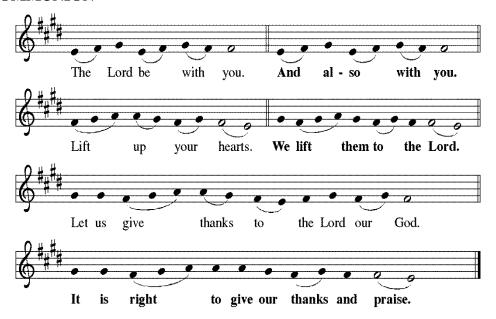
Our hopes and dreams, our toils and cares we lift in prayer before you. Lord, by your grace now come to us, as humbly we adore you.

> Text: Beth Bergeron Folkemer, b. 1957 Text © 1990 Augsburg Fortress.

OFFERING PRAYER

- P Merciful God.
- **9** you open wide your hand and satisfy the need of every living thing. You have set this feast before us. Open our hands to receive it. Open our hearts to embrace it. Open our lives to live it. We pray this through Christ our Lord. Amen.

HOLY COMMUNION



THE PREFACE FOR SUNDAYS

SANCTUS

■ Holy, holy, holy, Lord God Almighty!

Early in the morning our song shall rise to thee.

Holy, holy, holy, merciful and mighty!

God in three persons, blessed Trinity!

Holy, holy! Lord God Almighty! All thy works shall praise thy name in earth and sky and sea. Holy, holy, merciful and mighty! God in three persons, blessed Trinity!

THE WORDS OF INSTITUTION

THE LORD'S PRAYER

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done, on earth as it is in heaven.
Give us this day our daily bread;

and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

INVITATION TO COMMUNION

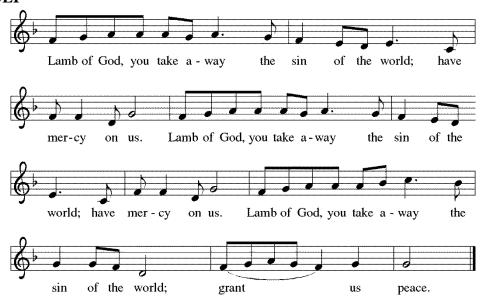
P Come, let us eat, for now the feast is spread.

THE DISTRIBUTION

All baptized Christians who confess Jesus Christ as Lord and his Real Presence in, with and under the bread and wine, are welcome to the Lord's Supper. We believe that this is the Lord's table and is he who invites you. So you who are strong in faith, come with gratitude. You who feel weak in faith, come to be strengthened. And you who feel you have no faith, come so that the God of steadfast love will touch your heart with hope and joy. The form of distribution is intinction, you will receive the consecrated bread and you may then dip it in the wine. Gluten free bread is available; simply request it.

(sit)

AGNUS DEI



(sit)

HYMNS DURING COMMUNION

"What Feast of Love"
"I Am the Bread of Life"

ELW 487 ELW 485

(stand)

PRAYER AFTER COMMUNION

- P Jesus Christ, host of this meal,
- **②** you have given us not only this bread and cup, but your very self, that we may feast on your great love. Filled again by these signs of your grace, may we hunger for your reign of justice, may we thirst for your way of peace, for you are Lord forevermore Amen.

SENDING

DISMISSAL OF EUCHARISTIC MINISTERS

BLESSING

May God, whose power working in us can do infinitely more than we can ask or imagine, grant you the gifts of faith and hope. Almighty God, Father, ⊕ Son, and Holy Spirit, bless you now and forever.

THREE-FOLD AMEN

HYMN

"Savior, Again to Your Dear Name"

ELW 534

DISMISSAL

- P Go in peace. The Spirit sends us forth to serve
- **☑** Thanks be to God!

POSTLUDE

+ + +

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KOUNTZE STAFF

Pr. Olaf Roynesdal Senior Pastor Pr. Paul Moessner Associate Pastor Pr. Ashlev Hall **Associate Pastor** Pr. Inba Inbarasu Visitation Pastor Kristin Boe Christian Ed Coordinator Debbie Bogue Office Manager Sarah Jewell Administrative Assistant Lauri Askew Staff Treasurer Iudi Boe **Financial Secretary** Jim Smejkal Bldg. Super./Dir. of Cong. Activities Søren Johnson Custodian Barbara Carlsen Dir. of Music & Fine Arts Donna Moessner Dir. of Children's Music Danny Bos Handbell Director/Custodian Mark Iones Organist David Gerard Saturday Accompanist Sheri Lynn Tipton Night Security Manager Norma Pafford Nursery Superintendent Joyce Palmer Urban Ministries Coordinator



2650 Farnam Street 402-341-7761

Omaha, NE 68131 www.kmlchurch.org

August 4 & 5, 2018

Kountze Memorial Lutheran Church is a vibrant, historic faith community that welcomes all and provides ministries for all ages and walks of life. We are a "City-wide Church with a World-wide Ministry" and have been worshiping, growing, and serving in downtown Omaha for nearly 160 years. If you are new to Kountze Memorial, we invite you to visit the Welcome Desk in Fellowship Hall for more information about who we are and what we do.

WORSHIP ASSISTANTS

SATURDAY, 5:00 PM

Lector Kathy Englert
Ushers Kathy Englert
Theresa Gruber

SUNDAY, 9:00 AM

Comm. Asst. Jeff Perkins

Liz Pemberton

Scott Henneman

Lector Robin Perkins
Ushers Rodney Nord

Rodney Nord Donna Crouse Ralph Diggins Brad Madison Dick Nelson Dan Troxel Sharon West Dean Winther Bob Johnson

Greeters Sharon Nelson

Lois Sorenson Colleen Lenners

Colleen Lenners
Carter Wachholtz

Crucifer Carter Wachholtz Acolytes Kaitlyn Munguia

Clara Kidder

SUNDAY, 11:00 AM

Ushers

Comm. Asst. Deb Hinrichs
Lowell Harms
Lector Bruce Anderson

Ken Johnson Linda Johnson Lee Johnson

Greeters Barb Chrisman

Jo Kayton

Norm Sack

Crucifer Torin Edwards
Acolytes Charlie Campbell

Henry Rief

TODAY AT KOUNTZE

KOUNTZE CAFÉ Join us Sunday mornings for a hot breakfast buffet served from 8-11 AM prepared by Jim West and the kitchen crew. The suggested donation for the hot breakfast is \$5 adults, \$2.50 children 12 and younger.

ADULT FORUM Join us on Sunday mornings in the Fellowship Hall from 10:10-10:50 AM. **THIS WEEK:** Altar Guild & Eucharistic Ministers (Linda Johnson and Melissa Osentowski) **NEXT WEEK:** Blessing of Students and Educational Workers

<u>USHER/USHER INFO MEETING</u> All Ushers, please join us for a brief discussion this Sunday, August 5, in the Fellowship Lounge @ 10:10 AM. If you are interested in helping usher, we invite you as well.

ALTAR FLOWERS are given to the glory of God in memory of loved ones by Marge Bock; in loving memory of David J. Carlsen by his wife, children and grandchildren

ETERNAL CANDLE is given to the glory of God in memory of Randall S. Fike by Marylo Fike and family

CHILDREN & YOUTH MINISTRIES TODAY

SUMMER SUNDAY SCHOOL is over for the year. Coming soon: watch for Sunday School Registration for the fall. Preschool 1 (2-4 yrs) meets from 9—10 AM (child care for those too old for the nursery).

Annual Meeting

Sunday, August 26 | 10:10 AM Fellowship Hall

For the purpose of electing our congregational leaders and a second vote on the Constitution. Please join us.

August 5 Sunday

Homebound Communion

8:00 AM - 11:00 AM Breakfast

9:00 AM & 11:00 AM Worship

9:00 AM Nursery (0-2 yrs)

10:10 AM Adult Forum

10:10 AM Youth Forum (gr 9-12)

10:10 AM deFreese Board

10:10 AM Usher/Usher Info Meeting

August 6 Monday

10:00 AM Pantry

August 7 Tuesday

9:00 AM Staff Meeting

12:00 PM Yesterday's Youth

August 8 Wednesday

9:00 AM Sewing Group

12:15 PM Worship

August 9 Thursday

9:30 AM WELCA Board Meeting

11:30 AM Property Committee

4:00 PM Healing Gift Free Clinic

6:00 PM The Gospel & the Kingdom: Christian Wit-

ness in Downtown Omaha @ Kountze

August 11 Saturday

Blessing of Backpacks

5:00 PM Worship

August 12 Sunday

Blessing of Backpacks

8:00 AM - 11:00 AM Breakfast

9:00 AM & 11:00 AM Worship

9:00 AM Nursery (0-2 yrs)

10:10 AM Adult Forum

10:10 AM Youth Forum (gr 9-12)

10:15 AM Confirmation Parent Meeting

12:00 PM Book Group

HOLY COMMUNION All who are baptized and trust in Christ's presence in Holy Communion are invited to commune at the Lord's Table. Children not yet communing will receive a blessing. Instructions will be provided during worship. It is the understanding of the universal Church that those who wish to commune with bread only (especially for health reasons) have communed fully.

<u>CHILDREN IN WORSHIP</u> We believe that all are welcome in worship and encourage families to worship together. Quiet activity bags, children's bibles, and bulletins are available, as well as a Quiet Room, just off the west side of the main sanctuary, that includes a TV and a variety of toys, games, and books for young children.

ATTENDANCE CARDS All those attending worship are encouraged to fill out the card included in your bulletin and place in the offering plate.

LARGE PRINT BULLETINS AND LISTENING DEVICES Please speak to an usher if you would like a large print bulletin or an assisted listening device.

E-NEWS & SOCIAL MEDIA If you would like to receive our weekly e-news and monthly e-newsletter, add your e-mail address to the card in your bulletin or text your e-mail address to 22828.

NEW MEMBER CLASS If you are interested in joining our congregation, the next class will be held September 16 & 23 from 12:00—2:00 PM. Plan to attend both sessions. Lunch will be served and childcare is provided. Please indicate your attendance plans on your attendance card or call the church office and let us know if you will need childcare when you register.

SUNDAY SCHOOL REGISTRATION The 2018/2019 Sunday School year is quickly approaching, and we couldn't be more excited! This year, we have put the registration online with this simple form (go to https://form.jotform.com/81997942184170). You may also find links to the registration form on the church website, in the weekly e-mail letters, and the KMLC Parent Group Facebook page. As we have made the registration process paper free and can be done from the comfort of your home, the first day of Sunday School will begin on Rally Day, September 9. All students are invited to join us at the altar before progressing out of the church and to the Upper Rooms. We look forward to beginning a bright, fun, and education Sunday School Year!

<u>CHURCH OFFICE VOLUNTEERS</u> are needed for Monday mornings or Thursday mornings from 9 AM—12:30 PM. If you think you might like spending some time in the church office, please call Debbie for further info.

SUMMER SERIES WITH OUR ECUMENICAL NEIGHBORS Please join us for the second of three-sessions entitled "The Gospel and the Kingdom: Christian Witness in Downtown Omaha" at 6:00 PM on Thursdays, August 9, and 16 with Trinity Episcopal Cathedral and First Central Congregational (UCC). As three large, historic, and traditional downtown congregations, the three of us share many opportunities and challenges. In

the midst of our differences, we are stronger together in our dedication to serving the gospel. The second session (August 9) will be held at Kountze, which continues the conversation, but also presents a "case study" of the highly innovative and effective way Kountze has done just that through Kountze Commons. The third session will be held at First Central, and will be a facilitated conversation about what we might be called to do together as a witness to the gospel in downtown Omaha (work around race, economics, etc.). Please join us and invite a friend!

YESTERDAY'S YOUTH Tuesday, August 7, 12:00 PM. \$4.00 Our speaker this month, is Von Maur survivor, Fred Wilson. Lunch will be served at noon. The cost is \$4.00. Please RSVP to the church office by Friday, August 3. All ages are welcome. If you have any questions, call Sheri Tipton at 402-415-6033.

KOUNTZE MEMORIAL BLOOD DRIVE Sunday, August 12 8:00 AM – 2:00 PM The need for blood is VERY URGENT. Patients are being turned away from hospitals due to not having the supply of blood to help them. Please help us in our life saving efforts! To view available times and to schedule your donation appointment visit and enter sponsor code: kmlchurch. Rapid Pass: Go to www.redcrossblood.org and click on Rapid Pass. Answer the questions, print out or email the pass to yourself, and save time on your donation! **ALL donors will receive a \$5 Amazon gift card for donating!!**

FOOD PANTRY NEEDS (In addition to the usual financial and food items) - Fresh Produce (fruits and vegetables), Water Bottles (cleaned), Bottles of Water, Small Jars Instant Coffee or Bags Ground Coffee, Jellies/Jams, Small bags black beans or pinto beans, Boxed Dinners, Beef Stew or Ravioli or Spaghetti w/Meatballs, Small containers: Dish detergent, Laundry detergent. Perhaps you could try picking up one extra item when you visit the grocery store...One item changes everything. Thanks for your continued support of this vital congregation outreach ministry.

NEW SCHOOL YEAR AT KOUNTZE

Saturday and Sunday, August 11, 12

Blessing of the Backpacks – and the kids carrying them. Bring your backpack to worship services Saturday evening at 5 or Sunday morning at 9 or 11. Come to the altar rail for a special blessing.

Recognizing teachers and workers in education (public and parochial) during the Adult Forum, 10:10 AM.

Bring School Supplies for Jackson Public School Wide-ruled notebook paper, Notebooks (wide-ruled or graph), Loose paper clips, Scotch tape, Black/blue pens, Post its, Pencils, Dry erase markers (black and blue), Pencil boxes, Markers, Glue sticks.

Sign up for Sunday School - classes start on Rally Sunday, September 9



ATTENDANCE & GIVING

Saturday Attendance: 71

Sunday Attendance: 9:00: 210 **11:00:** 76

Midweek - Noon: 8

Total: 365

Pantry Guests Served: 433 Medical Clinic Guests Served: 20

Offering:

\$13,935.55 (Regular) \$172.00 (Specials)

\$1,320.50 (In the City for Good)



I would like to thank everyone, for all of your support and continued prayers, during this difficult time. Each and every card, call, and endearing hug, truly means the

world to me, and has made such a positive and uplifting difference in my life! I am extremely blessed, to be surrounded by, such genuinely caring people, here at Kountze. I thank you, with all of my heart.

Sheri Tipton

Jesus is the bread of life.

These passages are related to the Lectionary texts for this Sunday.

Sunday John 6:24-35 Christ, the bread of life Monday Exodus 16:2-4, 9-15 Bread from heaven

Tuesday Ephesians 4:1-16 Unity in the body of Christ Wednesday Matthew 6:9-13 The Lord's Prayer

Thursday Deuteronomy 8:1-10 You do not live by bread alone

Friday Isaiah 55:1-11 The abundant life
Saturday Psalm 78:23-29 God feeds the people
Sunday John 6:35, 41-51 Bread from heaven



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Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." **John 6:35 (NRSV)**

A Prayer for the Week:

Lord Jesus, we come to you to be fed. Fill us that we may do the work of God by believing in you. Amen. (John 6:29, 35)

Mealtime Prayer:

Jesus, bread of life, feed us, body and soul. Jesus, bread from heaven, come and make us whole. Amen.

A Blessing to Give:

May Jesus, the bread of life, fill you with faith, hope, and love now and always. (John 6:29, 35)

Discuss in your home or small group:

- Talk about a time you were really hungry.
- Jesus called himself the bread of life. He said that those who come to him will never go hungry. What do you think he meant?
- Without food, hunger is something that can happen to us every day. How are you fed by Jesus, the bread of life, so you do not experience spiritual hunger?

Read: Ephesians 8:5-16.

Leaders in the church identified in the text as apostles, prophets, evangelists, pastors, and teachers are "to equip the saints for the work of ministry, for building up the body of Christ" (v. 12). Church leaders are not the only ministers in the church. All people in the church are ministers to build up one another in faith by "speaking the truth in love" so that all may "grow up in every way into him who is the head, into Christ" (v. 15). This promotes the growth of the whole church (v. 16). Reflect on how you can use your spiritual gifts and speak the truth in love to serve others to strengthen the church.

Pray: **Dear loving God, we thank you that we are part of the church, the body of Christ. Help us to support and strengthen others in the Christian faith, especially (name specific individuals you know and care for). May the Holy Spirit give us the faith and the gifts to care for one another through Christ our Lord. Amen.** When Jesus said he was the bread of life, he was speaking to people who knew what it was like being hungry most every day. Many people still do. Select an organization that provides food for the hungry and make a financial contribution or use your gifts of service to help at a place that provides food. Have you ever contacted your legislator or advocated for policies that care for the poor and the hungry?

Fasting is a tradition found in many religions. For Christians, one reason for fasting is to be aware of how dependent we are on food and on God to stay alive. Fasting and prayer go together. There are many ways to fast from avoiding all foods to restricting one's diet for a specific period of time. Choose a fast that works for you. When you end your fast enjoy some food while reading John 6:24-35. Reflect on the presence of your Lord Jesus Christ, the bread of life. Conclude the time by praying: **Lord Jesus, we come to you to be fed. Fill us that we may do the work of God by believing in you. Amen.**