

I am the bread of Life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Hunger and thirst speak of the most basics, most fundamental things we need as human beings to survive. Something to eat and something to drink, Bread and water!

Think back for a moment to a place in your life when you have been hungry and I mean really hungry! The moment when you suddenly want to bend over because a gnarling monster someplace in you screams at you and demands food now. This often happened to me when I was so focused on a work project, that I completely ignored the softer tones that were calling for food. The moment I felt it was usually when the work was done, the project finished. And then I really felt it.

With thirst it can be similar; you realize when you are gulping down something, how thirsty you have been; often we don't feel how thirsty we are; many elderly people die of dehydration in heat spells because over days they don't drink enough.

With those basic needs, essentials, Christ compares himself in the Gospel! **I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.**

Now Jesus talks here about more than only bread and water, he talks about all the other kinds of hunger and thirst we can experience, especially the hunger of the heart and the thirst of the soul.

Last Sunday we heard about the feeding miracle of the 5 thousand. Some of the people followed Jesus, actually pursued him to get more of that food they had experienced. And those people Jesus addresses here. They want More, much More from Jesus. They had felt fed in their hearts and souls.

One of those hungers of our heart in this day and age is loneliness:

Loneliness is something that saps joy and life out of us; it is something that leads more and more into isolation and from there it spirals down and down and down. Sometimes we feel so deprived of touch and connection that we don't even want to leave the house anymore.

I believe Christ to be the cure for this particular hunger! I also believe that we are called to feed this particular hunger called loneliness, especially when it lands right here in this room, but also wherever we find this hunger in our daily routine.

Christ is very direct here: he says: I am the bread of life. We are not the bread. We are not responsible as we often think to single-handedly save the world. It is Christ!

So when we are confronted with this type of hunger our responsibility is to point to Christ as the one who can still this hunger.

And there are many, many ways of doing this. The Gospel stories talk plenty about Christ's Love and what that love is.

The first and most important thing is to bring people in touch, in connection with Christ's love.

And how do we do that?

A simple and old fashion way of doing this is to invite a person who doesn't go to church to come with you to church.

Some will say yes and some will say no; it is an easy question and doesn't cost much; well maybe a bit of pride and a bit embarrassment.

It isn't up to us to save the world, Christ does this quite well, it is up to us to point to the food source; it is up to us to let people know where we are fed and loved. Once people have eaten, taken part in Christ; their hunger will lead them to follow Jesus like in the Gospel story.

We do not ever need to convince people that God/ Jesus is full of Love; Lets leave that to God. We just point, give a helping hand to get to church, Try to answer questions as good or bad we can; hold the door open, make the coffee, or vacuum the sanctuary, put flowers on the altar, or reestablishing the hugging system in church, wash the linen or light the candles

Give assistance on the way We are not the way! That Christ is!

Christ opens peoples hearts ... so when we feel lonely; or meet someone lonely, just help to point the way, the way to where bread and water can be found for heart and soul.

I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Dear God; teach us the truth of this sentence!