

## Adult Lent Group 2020



***Signs of Life: Why Church Matters*** is an opportunity for participants to engage with aspects of liturgy and scripture: *light, water, food, shelter, community*. Each session aims to help us to connect the Sign of Life to our own worship, spiritual practices and to help us to learn to pray what we live and live what we pray.

At this time when churches are closed to public worship, it is more important than ever than we stay together as 'church', the body of Christ, and remain faithful in prayer for one another and in serving the community in any way we can.

Our Adult Lent Group this year, was looking at various signs of life associated with church life. We would like to share some of the reflections, readings and prayers relating to each sign with you all.

The signs we were exploring were:

- Light
- Water
- Food
- Shelter
- Community

All of these become increasingly pertinent at times such as those we are all facing just now.

During the course of this week, we will upload copies of the handout sheets from each session together with any additional resources, such as relevant bible readings, to aid your personal reflections.

I hope this helps with your own prayer life and to feel part of the church community at this incredibly difficult time for everyone. Perhaps you can call a friend and reflect on each symbol together?

In love and prayer

Carole

**Signs of Life - Week 3 – Food (Handout)**



## SIGNS OF LIFE: *Food*

This week we are invited to reflect on the sign of Food:

- Jesus says, "*I am the bread of life.*"

Jesus comes to us as food in the Eucharist, and he's truly present in the bread and wine. But even before that, he is present in the breaking open of the bread of scripture. And he's present in the gathered community, whether in person or remotely in prayer. Together we become the body of Christ, and it's a really powerful practice to recognize the gift of sustenance in a world where so many people are starving – starving for food, but also starving for love, starving to belong, starving for shelter, starving for justice. We can use the gift of our hunger – and the provision to sate our hunger – as a reminder to take food as a gift, not just a given. Let food have a symbolic, iconic quality of the hungers that surround us in this world. In the Eucharist I say, "Here I am." And God says, "Yes, here I am for you today."

### **Scripture:**

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, 'Take, eat; this is my body.' Then he took a cup, and after giving thanks he gave it to them, saying, 'Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.' (Luke 26:26-29)

### **Collect:**

O God, who by the abundance of your Son all Creation is nourished and satisfied: Grant us, we pray, a holy hunger to be filled with your good things, and food for the leanness of our souls; through the bread of eternal life, Jesus Christ our Lord. Amen.

---

### **Question for Meditation:**

- As Jesus said in his wilderness fast, "we cannot live on bread alone." We must feed our souls as well as our bodies. For what do you hunger?

### **Weekly Practice:**

- As you eat this week, give thanks to God for your food and also for your feelings, whether hungry or full. Remember that Jesus is the Bread of Life; Jesus is food that nourishes us, body or soul.

## Signs of Life - Week 3

### Bible passage references to Food

[Genesis 1:29](#) And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.

[Genesis 3:6](#) So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.

[Genesis 9:3](#) Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.

[Psalms 107:9](#) For he satisfies the thirsty and fills the hungry with good things.

[Matthew 3:4](#) Now John wore a garment of camel's hair and a leather belt around his waist, and his food was locusts and wild honey.

[Matthew 4:4](#) But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

[Matthew 5:6](#) Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

[Matthew 6:11](#) Give us this day our daily bread,

[Matthew 6:25](#) Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

[Matthew 14:19](#) Then he ordered the crowds to sit down on the grass, and taking the five loaves and the two fish, he looked up to heaven and said a blessing. Then he broke the loaves and gave them to the disciples, and the disciples gave them to the crowds.

[Matthew 15:11](#) It is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person.

[Mark 7:14-23](#) And he called the people to him again and said to them, "Hear me, all of you, and understand: There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him." And when he had entered the house and left the people, his disciples asked him about the parable. And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, since it enters not his heart but his stomach, and is expelled?"

[Luke 11:12](#) Or if he asks for an egg, will give him a scorpion?

[John 6:35](#) Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

[1 Corinthians 10:31](#) So, whether you eat or drink, or whatever you do, do all to the glory of God.