

Thought for the day – Tuesday 15th March 2022

By Kit Gunasekera

Bread of life

"Man shall not live by bread alone, but on every word that comes from the mouth of God" - Matthew 4:4

This was Jesus response to his first temptation, to turn stones into bread. Jesus had fasted for 40 days. He was hungry. It was time to break the fast, it was time to eat. But there was no Coffee Wake Up in the wilderness.

Bread in the bible stands for what we need. Not luxuries. Jesus taught us to ask for our daily bread. There are people who do not have their daily bread, and we are called to provide for them. The church is open every Tuesday and Friday to donate to the foodbank. But Lent is also a time for Christians to also remember that we need God. That we are dependent entirely on the spiritual bread He provides, His words. Its the bread that sustains us even when we lack what we need, even when we go through the darkest valley (Psalm 23), that keeps hope alive in the midst of the most horrendous suffering we see in the world.

It may be what Jesus meant when he once told His disciples, "I have food to eat that you know nothing about." - John 4:32

What are we feeding on? Intellectually, Emotionally, Spiritually, and yes, even Physically?