

Good Morning and God News!!!

**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."**

**Give us bread for the journey, give us bread.**

**Give us bread for the journey, give us bread.**

**When our legs are getting heavy, and we're hanging down our heads,  
give us bread for the journey, give us bread. Bret Hesla**

"You are what you eat!" It is one of those pithy sayings that we hear. It turns out there is some truth to it. The things we put in our mouth do shape our bodies. Health experts are trying to get all of us to eat healthier, so that we have healthier bodies. It isn't easy, but it is something we should all do.

Spiritually, we are what we eat, too. If we could see our spiritual bodies like we do our physical bodies, we might be more aware that we are what we eat. Imagine going to the mirror and finding an emaciated figure staring back. We would know instantly that the figure had been on a starvation diet. Imagine looking at a reflection and finding someone experiencing malnutrition. We could tell from the bloated belly such a person was unhealthy. We might also find a figure that looked healthy, only a little skinny. We could tell such a person was eating well.

Jesus used the metaphor of food frequently. He took bread and wine, and gave it to his disciples as spiritual food. He commanded them to "Take and eat." He offered a woman at the well "living water." He said he was the "bread of life." Jesus offered spiritual sustenance to a hungry people. He gave us the bread of life.

During Lent, we are invited to "Come and Eat; Come and Drink." Jesus offers himself to us. He invites us to feast on him. He offers us "living water" and "the bread of life." Come and partake of the food of life, after all, we are what we eat.

Pastor Parnell

Prayer: Lord God, we give you thanks for the food that nourishes our soul. Guide us to come and eat; come and drink. Feed us with the bread of heaven so that we may have life. Amen.