

Sunday 1 August 2021

This short act of worship has been prepared for you to use whilst we are unable to use Methodist Church premises. We invite you to spend a few moments with God, knowing that other people are sharing this act of worship with you.

Opening Prayer

God who nourishes, feed us in this worship. God who nourishes, feed us in these words. God who nourishes, feed us in these thoughts. God who nourishes, feed us. Amen.

Today's Psalm: Psalm 78:23-29

- ²³ Yet he commanded the skies above,
and opened the doors of heaven;
²⁴ he rained down on them manna to eat,
and gave them the grain of heaven.
²⁵ Mortals ate of the bread of angels;
he sent them food in abundance.
²⁶ He caused the east wind to blow in the heavens,
and by his power he led out the south wind;
²⁷ he rained flesh upon them like dust,
winged birds like the sand of the seas;
²⁸ he let them fall within their camp,
all around their dwellings.
²⁹ And they ate and were well filled,
for he gave them what they craved.

Hymn: StF 252 Jesus the Lord said 'I am the Bread'

Sing/ Read /pray /proclaim the words
[Jesus the Lord said: 'I am the Bread'](#)
[\(StF 252\) \(methodist.org.uk\)](#)

Jesus the Lord said: 'I am the Bread,
the Bread of Life for the world am I.
The Bread of Life for the world am I,
the Bread of Life for the world am I.'
Jesus the Lord said: 'I am the Bread,
the Bread of Life for the world am I.'

Jesus the Lord said: 'I am the Vine,
the true and fruitful Vine am I.
The true and fruitful Vine am I,
the true and fruitful Vine am I.'
Jesus the Lord said: 'I am the Vine,
the true and fruitful Vine am I.'

Jesus the Lord said: 'I am the Way,
the true and living Way am I.
The true and living Way am I,
the true and living Way am I.'
Jesus the Lord said: 'I am the Way,
the true and living Way am I.'

Jesus the Lord said: 'I am the Light,
the one true Light of the world am I.
The one true Light of the world am I,
the one true Light of the world am I.'
Jesus the Lord said: 'I am the Light,
the one true Light of the world am I.'

Jesus the Lord said: 'I am the Life,
the Resurrection and the Life am I.
The Resurrection and the Life am I,

the Resurrection and the Life am I.
Jesus the Lord said: 'I am the Life,
the Resurrection and the Life am I.'

Anonymous, Urdu

vv. 1, 3-5 translated by Carl Dermott

Monahan (1906-1957)

*v. 2 translated by Compilers of Rejoice and
Sing, 1991*

Let us **pray together**

For feeding our souls, we thank you.
For nourishing our bodies, we thank you.
For eating with us, we thank you.
For the times we're rejected your food, we
are sorry.
For the invitations to eat with you we have
turned down, we are sorry.
Amen

Today's Gospel Reading: John 6:24-35

²⁴So when the crowd saw that neither Jesus
nor his disciples were there, they themselves
got into the boats and went to Capernaum
looking for Jesus.

²⁵When they found him on the other side
of the lake, 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.'

Time to Reflect

I wonder what the last thing you ate was?
Was it 'good' or 'bad', was it 'healthy' or
'unhealthy'? It's strange, I think, how we
give the food we eat a moral weighting such
that for some of us our food choices can
become a difficult thing; even worse, the
food we eat can become a tool of control for
others who make judgements of us and
often try to curb our behaviours based upon
our desire to eat and the food we choose to
eat.

Jesus often spent time sharing in acts of
eating with others; eating is an important
feature in the ways in which we understand
and know God and the people of God. Eating
matters.

What foods or meals have you shared which
have also nourished you spiritually?

In what ways do you share in the 'food that
endures eternal life'?

Take a time to sit quietly

A time of prayer

For the hungry in our world, in our churches
and in our communities, we pray... may they
hunger no more.

For those who hold the power to feed others...
may they be grace-filled.

For those who struggle with food and eating, in
our world, in our churches and in our
communities, we pray... may they struggle no
more.

For those who sit at a table of sickness,
loneliness, grief or fear, we pray... may they
know your nourishing love.

Feed and nourish us all.

Amen.

The Lord's Prayer *Our Father*

Hymn: Listen to

<https://www.youtube.com/watch?v=C0Rqm-WuyLo>

Jesus, bread of life
Manna from heaven
Broken for the world
Offered up for every man

Feast of angels becomes food for the weary
And hungry hearts are filled
When you open up your hand
When you open up your hand

O, Lord, come fill us with your love
This table laid for us
There is more than enough
Jesus, bread of life

Sister, take what you need
Anything I own
There is no famine here
Jesus' love will multiply

Brother, what's mine is yours
You are not alone
There is no shortage here
Jesus' love satisfies
Jesus' love satisfies

O, Lord, come fill us with your love
This table laid for us
There is more than enough
Jesus, bread of life

*Audrey Assad | Fernando Ortega © 2019
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1914182 Diana Gameros, guitar/vocal
Minna Choi, vocals*

A prayer of blessing

May you know the God who offers you
nourishment; May you share in the food that
brings you life; May you know the
welcome of the table of God; and may
you know the blessing of God, the Father,
the Son & the Holy Spirit, be with us, those
we love and those we ought to love. This day
and always. Amen.

Original Materials by Charity
K.M. Hamilton

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Local Churches CCCLi 363510

We are grateful to all the Ministers and Local
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Vocations and Worship in the Connexional
Team. We aim to continue to provide these
resources until the end of August 2021.