

Reflection Questions: Bread, Body and Soul

Text: John 6:24-35 and Exodus 16:2-4, 9-15

1. Today's passage from John 6 begins with a crowd looking for Jesus. When you think about being part of that crowd, what images come to mind?
2. Have you been witness to a miracle? What about it convinced you this was a miracle? If you haven't had this experience, what markers would you look for before you would define something as a miracle?
3. Read Exodus 16:2-4 & 9-15 again. Do you think God is swayed by the grumbling of the Israelites? Do you think God answers your own grumblings? What do you do when God's answer isn't clear, and you need to ask "What is it?"
4. In what ways is **bread** a good metaphor for **sustenance**? In what ways could the metaphor fall short?
5. What is your primary source of Jesus' sustenance (e.g., Bible study, community service, relationships, spiritual practices, worship, prayer, etc.)? Are you getting enough? Is it time to add or re-mix your practice to experience more of that bread of life or to enrich the flavor?
6. Thinking about the traditions of the Lord's Supper that you grew up with (or the way we observe the Supper at FHPC), did re-visiting Jesus' declaration that he is "the bread of life" bring additional insight to mind as we gathered around the table this Sunday?