

BREAD OF LIFE

Lessons from the feeding of the 5,000

Lesson #4: You Are What You Eat

PRAYER BEFORE WORSHIP

Lord Jesus, we thank you for the gift of your holy Word that fully satisfies our hungering and thirsting souls. As we come to you, the Bread of Life, through your Word and receive peace and satisfaction through you, help us to become more and more like you. Fill us with the abundance of your love, mercy, and forgiveness that it might overflow and spill out of us daily through our words and actions. In your saving name we pray. Amen.

✠ The Order of Service ✠

M: In the name of the Father and of the Son + and of the Holy Spirit.

C: Amen.

CONFESSION AND ABSOLUTION

M: God invites us to come into his presence and worship him with humble and penitent hearts. Therefore, let us acknowledge our sinfulness and ask him to forgive us.

C: **Holy and merciful Father, I confess that I am by nature sinful, and that I have disobeyed you in my thoughts, words, and actions. I have done what is evil and failed to do what is good. For this I deserve your punishment both now and in eternity. But I am truly sorry for my sins, and trusting in my Savior Jesus Christ, I pray: Lord, have mercy on me, a sinner.**

M: God, our heavenly Father, has been merciful to us and has given his only Son to be the atoning sacrifice for our sins. Therefore, as a called servant of Christ and by his authority, I forgive you all your sins in the name of the Father and of the Son + and of the Holy Spirit.

C: Amen.

PRAYER OF THE DAY

M: Let us pray.

Almighty and everlasting God, you are always more ready to hear than we to pray, and to give more than we either desire or deserve. Pour upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid, and giving us those good things for which we are not worthy to ask, except through the merits and mediation of your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

C: Amen

✠ The Word ✠

OLD TESTAMENT LESSON: 1 Kings 19:3-8

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the tree and fell asleep.

All at once an angel touched him and said, "Get up and eat." ⁶ He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

⁷ The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

GOSPEL LESSON: John 6:41-51

⁴¹ At this the Jews began to grumble about him because he said, "I am the bread that came down from heaven." ⁴² They said, "Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I came down from heaven'?"

⁴³ "Stop grumbling among yourselves," Jesus answered. ⁴⁴ "No one can come to me unless the Father who sent me draws him, and I will raise him up at the last day. ⁴⁵ It is written in the Prophets: 'They will all be taught by God.' Everyone who listens to the Father and learns from him comes to me. ⁴⁶ No one has seen the Father except the one who is from God; only he has seen the Father. ⁴⁷ I tell you the truth, he who believes has everlasting life. ⁴⁸ I am the bread of life. ⁴⁹ Your forefathers ate the manna in the desert, yet they died. ⁵⁰ But here is the bread that comes down from heaven, which a man may eat and not die. ⁵¹ I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."

EPISTLE LESSON: Ephesians 4:30-5:2

³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

^{5:1} Be imitators of God, therefore, as dearly loved children ² and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

SERMON: Ephesians 4:30-5:2
"Be Imitators of God"

APOSTLES CREED

C: I believe in God, the Father almighty, maker of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God the Father almighty. From there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

PRAYER

LORD'S PRAYER

C: Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.

BLESSING

M: The Lord bless you and keep you.
The Lord make his face shine on you and be gracious to you.
The Lord look on you with favor and ✝ give you peace.

C: Amen.