

## Devotion for Pentecost 11

### Psalm 34:1-10

**I will extol the Lord at all times; His praise will always be on my lips.**

My soul will boast in the Lord; let the afflicted hear and rejoice.

**Glorify the Lord with me; let us exalt His name together.**

I sought the Lord and He answered me; He delivered me from all my fears.

**Those who look to Him are radiant; their faces are never covered with shame.**

This poor man called, and the Lord heard him; He saved him out of all his troubles.

**The angel of the Lord encamps around those who fear Him, and He delivers them.**

Taste and see that the Lord is good; blessed is the man who takes refuge in Him.

**Fear the Lord, you His saints, for those who fear Him lack nothing.**

The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

*Glory be to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning, is now and will be forever. Amen*

### Ephesians 4:17-5:2

#### *Walking in Christ's love*

What is wrong with our 'old self' that it needs to be 'put off'?

How do we 'put on the new self'?

What is the motivation and power for walking in Christ?

### John 6:35-51

#### *Jesus is the bread that comes from heaven*

Why don't the people believe, having seen the miracle of the bread?

Why must the Father draw us to Himself in Jesus?

How does the Father draw us to Jesus?

#### **"THE FOOD THAT WE EAT"**

It is said, "You are what you eat." The aspects of physical health that most concern people these days are related to eating, the amount of food and the type of food we eat. The dangers of over eating are just as deadly as the dangers of malnutrition. Over eating has been linked to diabetes, strokes and heart attacks. People fret and worry over the chemicals that are regularly added to food to preserve it and give it taste. Some chemicals have been linked to cancer, others to Alzheimer's disease and various forms of dementia. What is in our daily bread is just as important as how much bread we eat every day. The bread of the earth must be received with caution and in limited quantities. Eating the wrong kind of food can be as detrimental to your health as over eating.

But a person can never get too much of the living bread that came down from heaven. There is nothing in the bread from heaven that will cause diabetes, stroke or heart attack. There is nothing impure or harmful in Jesus, only those things that will benefit your health body and soul. He is 100% the pure grace of God. We can't get too much Jesus in our spiritual diet. In fact, the more Jesus we get, the better our spiritual health will be. He is the bread through which a person may have life and have it abundantly. He is the bread through which a person may eat and live forever. The more Jesus we have the better our lives will be, in time and for eternity.

#### **HYMN: "LET US BREAK BREAD TOGETHER"** (Public Domain)

Let us break bread together on our knees. Let us break bread together on our knees.

When I fall down on my knees with my face to the rising sun, O Lord, have mercy on me.

Let us bow round the altar on our knees. Let us bow round the altar on our knees.

When I fall down on my knees with my face to the rising sun, O Lord, have mercy on me.

Let us praise God together on our knees. Let us praise God together on our knees.

When I fall down on my knees with my face to the rising sun, O Lord, have mercy on me.

Let us bless one another on our knees. Let us bless one another on our knees.  
When I fall down on my knees with my face to the rising sun, O Lord, have mercy on me...  
When I fall down on my knees with my face to the rising sun, O Lord, have mercy on me.

### **PRAYER**

Dearest Jesus, living bread from heaven, nourish our spirits with the gift of your grace. Uphold us by your Holy Spirit and always draw us near to your heart through the gospel of forgiveness. Create in us a hunger to be nurtured in the living water of our baptism and with fed with your body and blood in the bread and wine of Holy Communion. In your Name we pray. Amen

### **THE LORD'S PRAYER**

**Our Father who art in heaven.**

**Hallowed be thy name.**

**Thy Kingdom come.**

**Thy will be done on earth as it is in heaven.**

**Give us this day our daily bread**

**And forgive us our trespasses as we forgive those who trespass against us.**

**And lead us not into temptation, but deliver us from evil.**

**For Thine is the kingdom and the power and the glory,**

**Forever and ever. Amen**

### **THE CREED**

I believe in God, the Father Almighty, maker of heaven and earth. And 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 sits at the right hand of God the Father Almighty. From thence 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

### **BENEDICTION**

**John 6:51**

*"I am the living bread that came down from heaven. If anyone eats of this bread he will live forever. And the bread that I will give for the life of the world is my flesh."*

### **Bible Knowledge Quiz**

What food did the Angel of the Lord give Elijah during his journey to Mount Horeb?

What food did Sarah prepare when the Lord visited her and Abraham?

According to Isaiah what food will the Lord prepare when He swallows up death?

### **Answers to Last Week's Quiz**

The Queen of Sheba (2 Chronicles 9:1).

Queen Esther (Esther 7:1-6).

Queen Bernice (Acts 25:13-23).