



# Bread of Life, Life to the Full: Living Bread A Meal Ritual

## Table Center

Basket of bread, perhaps with a picture of Jesus resting in it; vase with wheat stalks or stems.

## Preparation

Serve a variety of sandwiches on an assortment of breads: buns, bread, croissants, etc. Sandwiches are great, but without bread there is something missing!

Create a poster using light cardboard that says on the top, "Life to the full." Have a variety of markers and crayons on hand for the participants to use to complete the poster in the "We Gather" phase.

## ✚ We Gather...

*Invite those gathered to share where they find life: what gives meaning to their lives, what things do they value and treasure as part of their living life to the full? Make a list (word and picture form) on the "Life to the Full" poster sitting in the middle of the table.*

## ✚ We Tell the Story...

*Invite someone to proclaim the Gospel reading...*

I am that bread from heaven! Everyone who eats it will live forever. My flesh is the

life-giving bread that I give to the people of this world.

They started arguing with each other and asked, "How can he give us his flesh to eat?"

Jesus answered: I tell you for certain that you won't live unless you eat the flesh and drink the blood of the Son of Man. But if you do eat my flesh and drink my blood, you will have eternal life, and I will raise you to life on the last day. My flesh is the true food, and my blood is the true drink. If you eat my flesh and drink my blood, you are one with me, and I am one with you.

The living Father sent me, and I have life because of him. Now everyone who eats my flesh will live because of me. The bread that comes down from heaven isn't like what your ancestors ate. They died, but whoever eats this bread will live forever. (John 6:51-58)

## ✚ We Share a Meal...

*Place the meal on the table. Pray together...*

Lord Jesus Christ, you gave us your body and blood in the Eucharist as a sign that even now we share your life to the full. (Sacramentary #191). Bless this food that sits before us – may it nourish us to seek the fullness of life by helping us to live our lives like yours. Amen.

*As the meal is being shared, invite those gathered at the table to discuss...*

Jesus promises to give eternal life to all who believe in him and receive him through the Eucharist.

- What do you imagine heaven will be like?
- What do you think life to the full here on earth looks like?
- What things do you sometimes put in your lives as a means to feel the fullness of life that actually end up being more death dealing (life taking) than life giving?

## **✝ We Go Forth...**

*Conclude by saying...*

The challenge we leave with from our shared meal together is: How are we giving our life so that others may have life? What daily decisions and actions do we make to ensure that the people we have contact with experience life a little more fully?

As we live our lives this week let us seek opportunities to build God's kingdom, life to the full for all, here on earth.

*We pray...*

Lord Jesus, we thank you for your gift of the living bread of Eucharist. May its gift of life to us help us to serve others so that all may know of your love for them. Amen.

