Breaking Bread 1

Hello everyone,

It’s February and so we embark on the third of our Holy Habits. Thanks to Martyn, Daphne and John for leading us through the Prayer Habit and the Gladness and Generosity Habit.  Now we come to Breaking Bread. In Acts 2:42, we read that the apostles “devoted themselves to the breaking of Bread”, and in Acts 2:46, that they were “breaking bread in their homes.” There seem to be both formal and informal aspects to this practice of “breaking bread “.  And of course, Jesus broke bread at the Last Supper and in the village of Emmaus, where his action meant that the two disciples realised who Jesus was, their eyes were opened and he was revealed to them, in the breaking of the bread.

So, I thought to myself, “How can I write about Breaking Bread for the next 13 weeks?   13 weeks mind!! And make it relevant!!?” Then an old hymn came to mind and this is going to be my inspiration for these coming weeks. Here’s the first verse.

        Break thou the bread of life, O Lord to me,
         as thou did break the loaves beside the sea.
       Beyond the sacred page I seek thee Lord;
        my spirit longs for thee, O living Word.

Jesus is the Bread of Life and one way he sustains us is through his Word in Scripture.  Just as he was broken for us, so each week we’ll try to break open a passage of Scripture set for that week, and see if we can receive it to ourselves, and in turn that we may be broken open to take that word into our daily lives.  One of this week’s readings is 1 Corinthians 13, Paul’s great chapter on love which he describes as the more excellent way. (Please read it.) Jesus was ready to be broken, out of love for all, even us.  May we be ready to be broken open to let that love out, to be shared with someone in our lives in these coming days.

Pray that God will guide you and let’s all go with glad and generous hearts.

             God bless,
                    Graham W

*Produced by Graham Wassell on behalf of the Bents Green Holy Habits Planning Group (Debs Barnett, Glenn Evans, Martyn Read, Graham Wassell, Daphne and John Wilkins).  You can find more information on the Circuit Holy Habits Programme on the Sheffield Methodist Circuit website and also the Sheffield Methodist Circuit Facebook page.*