Breaking Bread 8  
  
Hello everyone,  
       Over the last few weeks, these emails have presented us with various challenges— loving our enemies, resisting temptation, following Jesus all the Way. This business of discipleship is never easy.  
        But this week, in the middle of Lent, we have an opportunity to catch our breath and to be refreshed. On any hike or long journey, that break is very important and sets us up for the next stretch.  
         The reading is Isaiah 55:1-9, but the whole chapter is worth reading. It’s one of my favourites in the entire Bible and it’s an encouragement to the Israelites in exile in Babylon.  
          Here, there is the invitation to “come to the waters” and “to eat what is good.” We have a picture of a market stall, where the best, most nourishing and refreshing produce is available, and it’s all free. In the market place of the world, with all those voices vying for your attention, can you hear the voice of the Lord calling to you? “Come, buy wine and milk without money and without cost.” Or, listen very carefully, and there’s the voice of Jesus, “Come to me all you who are weary and burdened and I will give you rest.” (Matthew 11:28)  
             These verses are a reminder of the abundant life to which we are called...... water, milk, wine, bread all symbolise the many blessings that God wants to give us. I hope we can all grasp the amazing generosity, grace and hospitality of God.  
              And it is Jesus who is the True Vine; it is Jesus who is the Living Water; it is Jesus who is the Bread of Life. He is willing to be broken and shared with all those of us who would “Come.”  
  
               Our theme hymn, Break thou the Bread of Life, says this,  
  
Thou art the Bread of Life, O Lord to me   
Give me to eat and live with thee above.  
  
                 On the long journey of life, or more particularly, on the challenging pathway of Lent, it’s important to take on nourishment and refreshment. So, this week, take some time to sit awhile and focus on Jesus. Let him minister to you and may his brokenness make you whole.  
                God bless,  
                      Graham

*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.*