

**Word Notes Sunday 03/09/17**  
**Clare Reed – Church Unpacked: Breaking Bread**

**Summary** *(read this bit out to remind cell members what was said on Sunday, listen to the podcast if you missed the talk <http://www.newmarketcommunitychurch.co.uk/podcasts.htm>)*

Breaking bread is a familiar routine for Christians. At his last meal with his disciples, Jesus broke bread to represent his body and share wine to represent his blood, instructing them to “do this in memory of me”. So we regularly break bread as Jesus instructed, but let’s look at this practice further.

Read John 6:25-40

Impressed by the feeding of 5,000 people with only 5 loaves and 2 fish, the crowds have tracked Jesus down to the further side of the lake. In v26-27 He challenges them over why they are seeking him – They have come looking for more miracles (food that spoils), but he tells them they should be seeking something of far greater worth: “food that endures to eternal life”- The gift of eternal life which comes through the forgiveness offered through Jesus. Breaking bread and sharing wine brings our focus on to this greatest gift that Jesus gives us.

**Application** *(this is the bit where cell members get to participate. Lead discussions around these points)*

When you come to Jesus, what are you seeking?

Read v28-29. What “work” must a person do to gain eternal life through Jesus?

How does this challenge what the crowd expected, and what we expect?

How does this impact the way we might break bread in church? (Think about both who and how we invite people to share communion.)

Read v35-40 and highlight/note every time Jesus says something which assures you that you cannot lose your place at his table. Which is most powerful to you?

In verses 41-66 many of the people listening question and criticise what Jesus has been saying, and many turn away from him at this point. Breaking bread and sharing wine highlights a division between those who believe and those who don’t. How should this impact the way we break bread in our Sunday celebrations?

Close your meeting by sharing communion together. If possible, encourage different members of your group to lead you in breaking bread or sharing the wine, asking them to share their reflections or prayers from what you have discussed. Some may need reassurance that there are no “magic words” that have to be said, it is simply about heartfelt remembrance of Jesus sacrifice for us. (Remember to be mindful of those for whom alcohol might be a problem – sticking to grape juice is often a good plan)