

'The Bread of Life'



A Quiet Morning

Welcome and Tea/Coffee

Introduction 9.35 - 10.00

Introduction to the morning

A Reading from Isaiah 55

Song: "As the Deer Pants"

Opening Prayer

Teaching: *"I am the Bread of Life."*

Quiet Space 10.00 - 10.50

Refreshments 10.50 - 11.10

Teaching 11.10 - 11.20

"Whoever feeds on this Bread will live forever."

Quiet Space 11.20 - 12.10

Concluding prayers 12.10 - 12.30

Optional feedback from the quiet times

Anointing

Song: "Jesus said: I am the Bread"

Closing Prayer

As the deer pants for the water,
so my soul longs after you.
You alone are my heart's desire
and I long to worship you.
*You alone are my strength, my shield,
to you alone may my spirit yield.
You alone are my heart's desire
and I long to worship you.*

I want you more than gold or silver,
only you can satisfy.
You alone are the real joy-giver
and the apple of my eye.
*You alone are my strength, my shield,
to you alone may my spirit yield.
You alone are my heart's desire
and I long to worship you.*

You're my friend and you're my brother,
even though you are a king.
I love you more than any other,
so much more than anything.
*You alone are my strength, my shield,
to you alone may my spirit yield.
You alone are my heart's desire
and I long to worship you.*

Jesus said: I am the bread
kneaded long to give you life;
you who will partake of me
need not ever fear to die.

*I received the living God, and my heart is full of joy.
I received the living God, and my heart is full of joy.*

Jesus said: I am the way,
and my Father longs for you;
so I come to bring you home
to be one with us anew.

*I received the living God, and my heart is full of joy.
I received the living God, and my heart is full of joy.*

Jesus said: I am the truth;
if you follow close to me,
you will know me in your heart,
and my word shall make you free.

*I received the living God, and my heart is full of joy.
I received the living God, and my heart is full of joy.*

Jesus said: I am the life
far from whom no thing can grow,
but receive this living bread,
and my Spirit you shall know.

*I received the living God, and my heart is full of joy.
I received the living God, and my heart is full of joy.*

A Reading from Isaiah 55

¹ “Come, all you who are thirsty, come to the waters;
and you who have no money, come, buy and eat!

Come, buy wine and milk
without money and without cost.

² Why spend money on what is not bread,
and your labour on what does not satisfy?
Listen, listen to me, and eat what is good,
and you will delight in the richest of fare.

³ Give ear and come to me;
listen, that you may live.

I will make an everlasting covenant with you,
my faithful love promised to David.”

⁶ Seek the Lord while he may be found;
call on him while he is near.

⁷ Let the wicked forsake their ways
and the unrighteous their thoughts.

Let them turn to the Lord, and he will have mercy on them,
and to our God, for he will freely pardon.

⁸ “For my thoughts are not your thoughts,
neither are your ways my ways,” declares the Lord.

⁹ “As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

¹⁰ As the rain and the snow
come down from heaven,
and do not return to it
without watering the earth
and making it bud and flourish,

so that it yields seed for the sower and bread for the eater,

¹¹ so is my word that goes out from my mouth:
It will not return to me empty,
but will accomplish what I desire
and achieve the purpose for which I sent it.

¹² You will go out in joy
and be led forth in peace;
the mountains and hills
will burst into song before you,
and all the trees of the field
will clap their hands.

¹³ Instead of the thornbush will grow the juniper,
and instead of briars the myrtle will grow.

This will be for the Lord’s renown,
for an everlasting sign,
that will endure forever.”