

Bread of Life

There is nothing quite like the aroma of freshly baked bread. That wholesome smell entices you to take a big bite of warm, fresh, and delicious bread.

Bread is one of the most common foods we consume. We don't give a lot of thought to our toast in the morning, sandwich for lunch, or slice of buttered bread with dinner. Few of us bake our own bread any longer, and few of us experience the smell of freshly baked bread unless we visit a bakery.

It almost seems like bread is falling out of favor in society. Many products advertise as gluten-free, and more people are experiencing digestive issues that are alleviated by avoiding bread.

Then Jesus said, **"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never go thirsty."** John 6:35 (NIV).

Why is bread less a part of our diets? And why would Jesus refer to himself as bread?

Let's start with the diet question. Modern flour is made to be shelf-stable. Modern roller mills efficiently separate the germ and bran from wheat berries. Germ and bran are usually sold for animal feed.

A kernel of wheat (wheat berry) is really a super food. Wheat contains 40 of the 44 vital nutrients that people need for a healthy diet. Wheat is one of the healthiest, most complete foods on the planet. Wheat berries can last for thousands of years in a dry environment. But most of those minerals and vitamins are in the germ and the bran, which are removed from the bread we consume in America. Many of the digestion issues are related to this stripped-down form of bread. When modern grain mills were established, there was a significant increase in birth defects. Now they fortify a few minerals back into the flour. It is still not anywhere close to the bread that Jesus mentioned in the Gospel of John.

In recent years, my wife has purchased a grain mill and started baking our own bread, incorporating all the nutrients that Jesus illustrated to us. I get to experience the wonderful smell of freshly baked bread on a regular basis.

During Jesus' ministry on earth, bread was the foundation for their diet. They understood how significant bread was to their survival. Jesus calling himself "the Bread of Life" is a dynamic illustration. Jesus sacrificing his body on the cross is the bread we

break during communion. Jesus' body was beaten and bruised, much like a wheat berry is milled into flour. Jesus is the only spiritual nutrition we need. He is more than a "super food." Jesus is our creator, savior, sustainer, and our eternal future. In Jesus alone is all we need today and forevermore. He is truly "The Bread of Life."

Jim Nolt - CBC Ex. Board

Weekly Prayer Point

"Study to show thyself approved unto God..." **2 Timothy 2:15 (KJV)**. Every Sunday, a small army across churches, large and small, gathers for Sunday School. Begun in 1780 in England and sometimes dismissed, this vital program arm of the Church continues to touch and change lives with the Gospel of Christ. The majority of Sunday School teachers are laypersons who spend hours each week in God's Word, preparing to teach children, youth, and adults the great truths of the Bible. For some children, this Sunday School hour is the only Bible instruction they receive. Pray for our dedicated core of Sunday School teachers and all their students, young and old. Open hearts, open minds, transformed lives!

Please pray for these congregations and pastors:

- Upendo in Tanzania, Africa and Pastor Suzana Magudi Lunyalula
- Victory in Tanzania, Africa and Pastor Isaak Kasomo
- Waterford in Waterford, MI and Pastor Mike Rath
- Welsh Run in Mercersburg, PA and Pastor Timothy D. Kent

CBC Prayer Committee