



King Solomon (Ecclesiastes) went on a long quest to fill his empty heart with all these things and reached the conclusion that everything mankind pursues is “Meaningless! Meaningless! Utterly meaningless! Everything is meaningless!” The only thing that satisfies the soul, is to seek and serve God.



Buzz Aldrin, along with Neil Armstrong was the first man to set foot on the moon (1969) What an achievement! Surely that ‘out of this world’ experience would be enough to satisfy the heart! Sadly no. In his biography, he explains that as soon as the spacecraft returned to earth, he was struck with a “peculiar feeling of loss.” Soon after this historic achievement, his life fell apart, “There was no goal, no sense of calling, no project worth

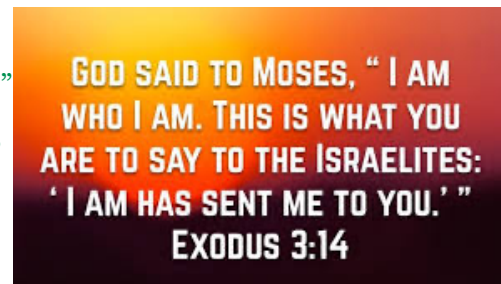
pouring myself into. I had started drinking more. Life seemed to have lost its shine. On some days I couldn’t even find a reason to get out of bed. So I didn’t ...”

So What? This first “I AM” statement reminds us that **Jesus came into the world**, not to meet our physical needs, but **to meet our deeper spiritual needs** forever. If our attempts to ‘find spiritual food’ fail to satisfy the God-shaped hunger Jesus talks about, perhaps it is worth spending time considering his claim that he is in fact the only one that does the job?! **“I AM the Bread of Life. He who comes to me will never go hungry and he who believes in me will never be thirsty” (John 6:35)** To receive this free ‘bread of life’, all we need to do is to believe in Jesus Christ, come to him and accept his word: or like the crowds who just focused on their physical needs, we can walk away. So, in this time of Lent, as you take time to consider Jesus statements about himself we come back to the question,

Would you rather have bread for life or bread that leads to eternal life?

Chaplain’s Challenge:

1. Have a go at making some bread and share it with others *
2. What is your favourite “Would you rather...” question?
3. Name some other people who are connected with the words “I am.”
4. Read the account of Feeding the 5000 in John’s Gospel.
5. How does your faith ‘feed your soul’ and make a difference to life?
6. Take a few minutes in quiet and think about the Scriptures here as you allow God to ‘feed your soul’.

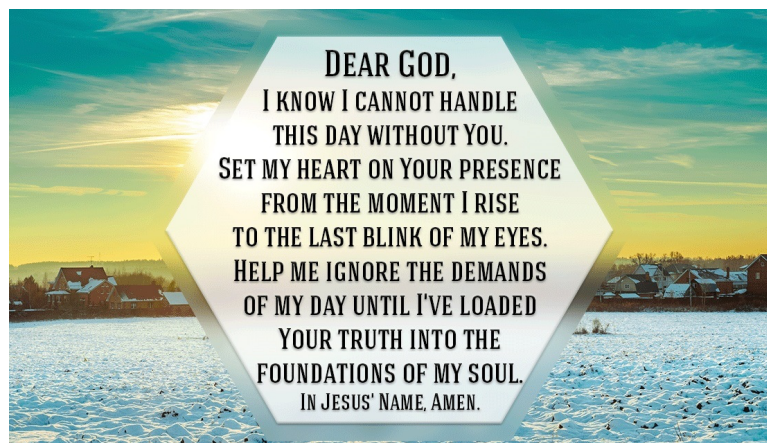


Reflect:

“Do not work for food that spoils, but for food that endures to eternal life which the Son of Man will give you.” (John 6:26-27)



PRAYER



Send in your photos, stories of Christian faith in action, your prayer requests and anything else to

* **Joe the Chaplain** - jmaggs@speters.org.uk

Holy Frog Productions: **bringing the relevance of faith to the reality of life!**

