

# SERMON NOTES

Sunday 3<sup>rd</sup> April

sunnysidechurch

## Rhythm of Life: Food for the journey

**Bible passages: Joshua 1.1-9; John 6.48-58**

### Introduction

- 'Man shall not live on bread alone' Matthew 4.4
- Need balanced spiritual diet: Bible, study and Holy Communion

### Bible and Study: Joshua

- Joshua needs to obey God's law if he is to be prosperous and successful
- Meditate on God's word so that it goes from our minds to our hearts and becomes a prayer on our lips
- Bible reading: regularly, systematically and prayerfully

### The Living Bread: John

- Let Christ into our lives and become united with him by believing in him and devoting each day to living his way
- Eucharist (thanksgiving); Holy Communion (drawing closer to God and each other); Mass (strength to serve God in world)
- Need spiritual food for the spiritual journey

### Conclusion

How do we include food in our daily rhythm so we have the strength to follow Jesus?

And the rhythm of life is a powerful beat

Puts a tingle in your fingers and a tingle in your feet

Rhythm in your bedroom, rhythm in the street

Yes, the rhythm of life is a powerful beat

### Some questions for discussion

1. Where do you find spiritual nourishment?
2. Read Joshua 1.1-9. What do you notice?
3. Why does God tell Joshua to meditate on God's word?
4. Does your rhythm of life include reading the Bible regularly, systematically and prayerfully? What might you need to add to your routine to do this more effectively?
5. Read John 6.48-58. What does it mean to you that Jesus is the bread of life?
6. How do the different names for the Lord's Supper help your understanding of what we are doing when we take bread and wine?
7. What might you need to add to your rhythm of life to ensure that you have sufficient good food for your journey of faith?
8. What is God asking you to do as a result of what he has said to you through these passages? It might be something to pray about, something to think more about, something he wants you to talk to someone about or something he wants you to do. Make a note of it so you don't forget!

J said: 'I am the living bread that came down from heaven. Whoever eats this bread will live for ever.' John 6.51

Why not spend some time thanking God for the ways in which he feeds us and ask him to make you hungry for more of him?

Revd Rebecca Fardell