



**Carstairs-Bancroft United Church**  
June 7, 2022  
**DAILY ENCOURAGEMENT**  
**DURING COVID-19 PANDEMIC**  
**By Rev. Maria Szabone Berces**



Photo: Our Daily Bread

Beloved Ones,

**Today's Inspiration in one sentence**

**“Do not work for food that spoils, but for food that endures to eternal life”**

(John 6:27)

**Did You Know?**

**AUTHOR**

The author of the **Gospel of John** is not stated but traditionally attributed the apostle John, “the disciple whom Jesus loved” (13:23); brother of James and son of Zebedee (Matthew 4:21). Scholars find it proven that the writer knew Jewish life well.

**DATE**

Theologians date this book between AD 50 and 95, stating that this is the last Gospel written.

**DETAILS, PLEASE**

While the books of Matthew, Mark and Luke have many similarities (they are called “synoptic Gospels”, meaning they take a common view), the book of John stands alone. The Gospel of John is one of the most beloved books of the Christian canon. Images of Jesus as the bread of life, the good shepherd, and he vine are familiar from Sunday school lessons, sermons, and stained-glass windows. John’s Gospel is also distinctive in many aspects of its style and outlook. For example, Jesus does relatively few miracles in John. He teaches in much longer speeches than in the Synoptic Gospels. The “I am” sayings that characterize Jesus’ speech do not occur in any other Gospel.

**QUOTABLE**

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” (John 3:16); “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.” (John 6:35)

(The NIV Study Bible; John; & Know Your Bible; Barbour Publishing)

**Personal Insight**

Do you remember that in pre-pandemic times our church family celebrated Holy Communion every month? Covid-19 temporarily ceased this practice, but this past Sunday, on Pentecost, we had the privilege to remember Jesus’ sacrifice for us as we ate bread together – symbolizing the body of Christ, broken for us – and drank juice together- symbolizing the blood of Christ, shed for us.

What Jesus did for us on the cross and by his resurrection, is the restoration of our relationship with the God Almighty. Through Him we may become adopted into God’s family; we are granted forgiveness and full inheritance of God’s abundant blessings. We can enjoy unconditional love, forgiveness of our iniquities, wholeness, and peace, which transcends all understanding. In Christ we find everything that is worth for craving.

Grace and peace to you all,            Rev. Maria



## CRAVE HIM

*Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."*

John 6:35

### READ John 6:25–35

Why is it that when we say, "This is the last potato chip I'm going to eat," five minutes later we're looking for more? Michael Moss answers that question in his book *Salt Sugar Fat*. He describes how America's largest snack producers know how to "help" people crave junk food. In fact, one popular company spent \$30 million a year and hired "crave consultants" to determine the bliss point for consumers so it could exploit our food cravings.

Unlike that company, Jesus helps us to long for real food—spiritual food—that brings satisfaction to our souls. He said, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty" (John 6:35). By making this claim, He communicated two important things: First, the bread of which He spoke is a person, not a commodity (v. 32). Second, when people put their trust in Jesus for forgiveness of sin, they enter into a right relationship with Him and find fulfillment for every craving of their soul. This Bread is everlasting, spiritual food that leads to satisfaction and life.

When we place our trust in Jesus, the true Bread from heaven, we'll crave Him, and He'll strengthen and transform our lives.

By **Marvin Williams**

### REFLECT & PRAY

**Jesus, Bread of Life, may I crave You and find all I need in Your perfect provision. Amen.**

Why do you think we crave things we know can never satisfy the deepest cravings of our souls? What are some practical practices that will help you crave Jesus more?

### SCRIPTURE INSIGHT

The gospel of John includes seven "I am" statements of Jesus. Each of these statements reveals something about Him that helps us understand Him better and is supported by something He's done. The first of these statements—"I am the bread of life"—comes after Jesus had just fed the five thousand (6:35). The remaining statements are found in chapters 8–15: "I am the light of the world" (8:12); "I am the gate [or door]" (10:7); "I am the good shepherd" (v. 11); "I am the resurrection and the life" (11:25); "I am the way and the truth and the life" (14:6); "I am the true vine" (15:1).

- By: **Alyson Kieda**

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