



## Words for the Way

An online Lent Course for the Diocese of Aberdeen and Orkney

### Bread

Tuesday 7 March



*Photo by Mae Mu on [Unsplash](#)*

#### **Psalm 50:7–15**

7 Hear, O my people, and I will speak: "O Israel, I will bear witness against you; \*  
for I am God, your God.

8 I do not accuse you because of your sacrifices; \*  
your offerings are always before me.

9 I will take no bull-calf from your stalls, \*  
nor he-goats out of your pens;

10 For all the beasts of the forest are mine, \*  
the herds in their thousands upon the hills.

11 I know every bird in the sky, \*  
and the creatures of the fields are in my sight.

12 If I were hungry, I would not tell you, \*  
for the whole world is mine and all that is in it.

- 13 Do you think I eat the flesh of bulls, \*  
or drink the blood of goats?  
14 Offer to God a sacrifice of thanksgiving \*  
and make good your vows to the Most High.  
15 Call upon me in the day of trouble; \*  
I will deliver you, and you shall honour me."

Today's word to reflect on is bread. We pray in the Lord's Prayer – give us this day our daily bread, but what do we mean by this? The Gospel of John speaks of the 'bread of life' (Bread of Life discourse in John 6), the provision of needs in life, something we need daily. This is not just about food for the body but also food for the soul, the spirit for nourishing the relationship each of us has with God: Father, Son, and Holy Spirit. Each of us will nourish this relationship in different ways – through different types of bread if you want to think about it like that – some by prayer practices, others by services, some by acting for creation care, others by telling others explicitly about the life of Jesus and love of God for humanity.

An invitation for today (from Trevor Hudson's *40 words for 40 days*):  
At one mealtime today, cut a slice of bread. As you eat it, give thanks to God who sustains you with every breath you take.

"In the Lord's discourse on spiritual nourishment, we hear Him says: "Do not labour for the food which perishes, but for the food which endures to everlasting life." (John 6:27). He then continued by talking about the true bread from Heaven the bread of God, and the bread of life. (John 6:32-35). Here He appeals to the soul for its nourishment and our thoughts to the spiritual way so as not to occupy our minds with the body and its needs."

**Pope Shenouda III of Alexandria**



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The word for each day is taken from Trevor Hudson's *40 words for 40 days Pauses for Lent*.