



## **9th Sunday after Trinity | Sermon – CWL Sunny Schwarz**

**I pray that I may speak to you in the name of the Father,  
and of the Son, and of the Holy Spirit.**

### **I AM THE BREAD OF LIFE.**

Do you remember last week's gospel?

The feeding of the 5.000.

The crowds were amazed and grateful for Jesus feeding them – we all remember this act of mercy and generosity that filled their empty stomachs. And so they became witnesses of one of Jesus's miracles, just as they gathered there on the shores of the Sea of Galilee, where Jesus asks them to sit down and then he feeds them.

From the most meagre of picnic lunches, Jesus provides enough bread and fish for 5.000 people.

So the people conclude that Jesus must be the great Prophet indeed, the one God promised.

For a short while, they are full of praise for Jesus.

But only a day later – that's today's Gospel story now, we see how short-lived their wonder really is. They definitely did not understand what happened and who this Jesus is.



He told them: ***“I say to you, you seek me, not because you saw the signs, but because you ate of the loaves and were filled.”***

Well, they suppose that Jesus is the Prophet, but what he did with the bread and the fish was not enough of a sign, and neither was his arrival at the shore in the boat with the disciples. They knew he had not set off together with them and questioned him *“When did you come here?”*, they ask... but also *“What sign will you perform then, that we may see it and believe you?”*

They are actually looking for a better sign!

Even though Jesus had increased bread and fish, he still has not given them the **‘bread from heaven’** - and that seems to be the ultimate benchmark for miracles in Galilee.

It is hard to believe for us today that the people still wanted to see the flakes of manna fall from heaven.

If they were to decide, then that would have been the right sign— equalling Moses’ miracle.

But Jesus tells them it wasn’t Moses who gave them bread from heaven, but God! He said they should seek the gift of God, for the eternal bread is greater than that.

***“For the bread of God is He who comes down from heaven and gives life to the world”.*** This is the true bread!



That sounds very good and exciting to the crowd – they most definitely want their share of that heavenly food!

Whatever it means, whatever this bread of God is.

***“I am the bread of life.”*** Jesus says.

That’s one of the 7 I AMs that John tells us about in his Gospel. Jesus is the great ‘I AM’, he has life in himself, and he can grant life to everyone who comes to him.

But the crowd - They don’t get it.

The people in today’s story will never be filled – earthly bread, earthly things – they don’t satisfy.

They need Jesus. We need Jesus! And he knows that.

And that’s why he is with them and teaches them, why he speaks to them and heals them.

***“He who comes to me shall never be hungry,  
He who believes in me shall never be thirsty.”***

I am the bread of life – life >> eternal life >> life in abundance, that’s what he tries to tell them and us!

He is always there, Jesus is with us in our everyday life - day and night, week after week, whatever we do, wherever we go...

Father, Son and Holy Spirit – watching over us and guiding us.



The crowd asked:

*“What must we do to perform the works of God?”*

We might ask: What shall we do?

All Jesus requires of us is to come to him and believe.

Jesus, who offered himself as bread in the Lord's Supper and as a person for us on the cross, asks us to embrace him in faith. To live a Christian life with him as the treasure on our hearts and minds.

And he is with us. He will never leave us.

Even more: God seeks us in life.

Let us then also seek God in all things - and let Him find us.

So much heavenly bread has been given to us.

Our faith is a gift - it is a “work of God” that we believe.

Our faith is our eternal food.

How wonderful it is to know that Jesus is our Saviour, that we come to Christ alone, no need to seek anything further. Once we have met Jesus, we will want to meet him again and again.

Not only on Sundays, but for every moment we spend in His presence.

We enjoy to be fed with his word.



Our daily bread.

Our prayer.

Our Father in heaven.

And our appetite for him will increase the more we read, the more we have seen and tasted him.

Christ fills us, and what a joy it is to hunger and thirst for him, knowing we have found the Bread of Life.

It's fair to say that the Gospel of John is helping us to come closer to Jesus, to really get to know him.

The seven "I am" sayings are particularly important because Jesus is identifying himself directly with God - when Moses asked the name of God at the burning bush he was told "I am who I am". Therefore these sayings give us an insight not just into who Jesus is, but also who God is in his essence.

**"I AM THE BREAD OF LIFE"** – Jesus says.

How can we not continue to grow in appreciation and love for him more and more every time we are filled?

I came across a very short sentence by Augustine which truly speaks to me. His words of wisdom which date back to the 4<sup>th</sup> century AD are still treasured today.

**The Revd Stan Evans**

Camino de las Cuestas 5c | 35572 Tias

Email: [chaplain@lanzarotechurch.com](mailto:chaplain@lanzarotechurch.com) | T: +34 928 514241



ANGLICAN PARISH  
ST. LAURENCE IN LANZAROTE

I'll share this sentence with you in a second and I hope it resonates with you just like it did with me. 5 words.

But full of meaning and the best summary of this Gospel story's message I have ever heard.

By feeding us with the bread of Heaven, Jesus changes us - both what we desire and how we think.

John's gospel calls us to believe. It reminds us not to allow our wrong desires and our misplaced affections to rule us.

We are called to believe in Jesus.

We are to eat the true bread of heaven.

Today, it took me a thousand words to say what Augustine reduced to 5 – the message is the same. He puts it like this:

**BELIEVE AND YOU HAVE EATEN.**

**Amen.**