

Ephesians 4:17-5:2; John 6:35-51

- **Dough smells good, and bread is delicious, but neither is satisfying!**

- Following Christ calls us to consume a different kind of diet.
 - “...you must no longer walk as the Gentiles do, in the futility of their minds...” (Eph 4:17)
 - Everyone has an appetite for something, but not every appetite is edifying or healthy!
 - Jesus tells the people that He is the Bread of Life that came down from Heaven, and they get hung up and grumble over His credentials!
- Everything about the brokenness of our old body is buried with Christ...
...we have different tastes and appetites that drive us, a wholly different body! (Eph 4:20-24)
- God has given us senses to be able to discern for ourselves what may be dangerous!

- **We’ve tasted and know it is good!**

- “Your fathers ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die.” (John 6:49-50)
- Coffee, tea, and beer are all best brewed, but don’t let the sun set on anger, bitterness, or resentment!
- Following Christ is tasting and seeing that HE is good...we have nothing to do with it!

“The land, which we passed through to spy it out, is an exceedingly good land. If the Lord delights in us, he will bring us into this land and give it to us, a land that flows with milk and honey. Only do not rebel against the Lord. And do not fear the people of the land, for they are bread for us. Their protection is removed from them, and the Lord is with us; do not fear them.”

- Joshua, son of Nun (Numbers 14:7-9)

- **We are what we eat!**

- We seek to feed with nothing but the Bread of Life, otherwise folks stay hungry!
 - The mission of this church is to walk with broken people through really hard stuff without stopping on the other side.
 - We do this by embracing space for folks to belong where they can learn how to believe.
 - And we challenge the people of God to feed other broken folks with the Gospel through acts of service, intentional discipleship, and invitations to worship God through His Word and Sacrament.
- We’re fed up with what the old world offers and we’re hungry for more...
...a steady diet on the Bread of Life (John 6:35-51) calls us to be imitators of God as beloved children! (Ephesians 5:1-2)
- “If anyone eats of this bread, he will live forever.” (John 6:51)

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