I wonder what it is that whets you appetite?

Maybe when you are watching a cookery programme and what you see makes you hungry?

Or maybe the aroma of a certain food – freshly baked bread? Or chips – why is it that the smell of chips makes us want some – even if we’re not hungry?

Or maybe when someone tells you about a lovely meal they have had??

Our senses come into play and tells our brain – I need something to eat.

When have we had enough??

One more biscuit with a cup of tea – I’ve started so I’ll finish – with me its crisps !!!!

I have a very good friend who just cannot resist bread, real bread as she calls it – crusty, not sliced, with real butter and then of course the most obvious piece de resistance – a chunk of brie !!! She would say that unfortunately, it all just has to go.

Hope you’ve all had your breakfast!!!

As you journey through the gospel of John, so far, there’s been a lot of bread.

I would like to make a connection this morning between the physical hunger and the spiritual hunger that Jesus satisfies.

I would suggest that it is his intention to satisfy both and through his message, it is our responsibility also to offer this to each other.

One of Jesus “I am” sayings. “I am the bread of life who comes down from heaven. – can we translate that as “I AM” the name for GOD – revealing myself and I am offering myself to give you life?

Hold on a minute – these “Jews” – knew Jesus, knew his parents, they knew where he came from !!!

He was brought up by a carpenter in Nazareth – no way Jose has he come down from heaven. We have to have some kind of sympathy with them. They did know his family.

As the youngest child of three I can remember often being told – oh you’re not like your brother or sister, they were both blonde, blue eyed, athletic and academic – I was not !!! There were times when I could have been persuaded that I had been adopted !!! But I knew whose child I was and where I came from.

But actually, these people who were grumbling against Jesus did not know who Jesus Father was. Maybe that’s why Jesus kept referring to God as the Father – God, not Joseph.

They may not be able to see the Father, but through Jesus, they were given the opportunity to recognise the Father – to hear his words, to accept his message and to receive abundant life - but they just couldn’t.

Which begs the question – can we and do we ??

It must have been a really difficult concept for the people of Jesus’ time – we have the luxury of know the whole story and accepting what it means to feed on Jesus, his body and blood, as we will do this morning. However, it is still a huge mystery.

I can remember someone else commenting that they found the words, this is my body and this my blood - extremely difficult and would never ever be able to take communion.

The Jewish people would also have found this extremely difficult, blood in meat was a huge no no, but again they had taken the words too literally, just as Nicodemus had when Jesus told him to understand the message of God, one must be born again!!

Jesus was signposting them to his death, he had to die in order to give life, his body and blood would be separated in death. He was willing to do this in order that they and we can feed on him. And never go hungry.

Here’s another mystery, the feeding of the 5000, caused people to follow Jesus – I wonder if they were excited about the miracle or the person??

Did they just want more signs or more of Him?

They would have understood the analogy of bread and the word of God – for them the Torah, the books of the prophets were food, food necessary for life.

When Ezekiel had a vision and was given the scroll with the word of God and was told to eat – he said it was as sweet as honey, food necessary to life, so Jesus, a Jew knew this and built on it with the message that it is not just about words or indeed action, but they need to come to Him – be in his presence, accept Him. Feed on Him.

How do we do that today, What do we want, or expect from God, why do we come to church on a Sunday?

Dad – when we got locked out !!!!

When he came home – I just loved to see him and be with him and listen to him.

I began by talking about the desire for physical food, which we need but I would finish by throwing out the question what is it that whets our appetites for God, for is it that makes us want more, to know more to never have enough.

Little boy at communion – a big piece.

We all need a big piece and we have a God who is extremely generous.

As we come to the table together, Jesus dwells in us and we share an intimate meal together, He who was often the guest at a meal is the host at this meal and we are the guests invited to eat and drink and receive eternal life.