

Intercessions for Sunday 22 August 2021 (David Hughes)

Jesus said: "I am the bread of life." Bread is part of our daily diet, it nourishes and sustains us physically. The Word of God is our spiritual nourishment, which we also need every day. Bread engages with all our senses and I invite you now to use your senses and your imaginations as we turn to God in prayer – asking that he will nourish us, watch over us, heal us, guide us.

Sight: Close your eyes for a moment and imagine flour being sieved into a mixing bowl, ready to make the dough. See how many grains fall, they are so tiny we can't count them. Even though we are like grains of flour, God knows and loves every one of us. Heavenly Father - open our eyes to see all the other grains around us, those who need our love, our care, our help, our prayers.



The one who eats this bread: **will live for ever**



Touch: Imagine now that you are kneading dough, feel the dough on your hands, in your fingers, sticky and soft. Heavenly Father, knead us and shape us to do your will, bind us together as a church, as the body of Christ. Put your baker's hands around the whole world, bind our communities together so that we strive for peace, so that we bring healing and not war. Encourage our leaders to rise to the challenge to bring about justice where there is unfairness, oppression, torture and corruption.

The one who eats this bread: **will live for ever**

Smell: Imagine now, the dough is in the oven, rising, cooking. Smell the bread baking, the yeast is working. Heavenly Father, help us to be the yeast, which although so small, helps the bread grow. May we be the yeast in our communities to spread the good news of your love, especially to those who are ill, in need or grieving for lost ones.



The one who eats this bread: **will live for ever**



Hear: Imagine now, the crusty loaf has cooled and is ready to eat. Hear the crunch and the tear of the breaking of the fresh bread. Heavenly Father, Jesus is the bread of life, broken for us. As we hear the breaking of the bread at the communion table today, we remember the sacrifice which Jesus made for us, the example he set for us. Give us the strength to follow his example and serve others.

The one who eats this bread: **will live for ever**

Taste: Finally, imagine the fresh baked bread, broken and ready to eat. How does it taste? Imagine the disciples tasting the bread with Jesus at the Last Supper; the bitter taste when he was arrested later that night and crucified the following day. The sweet taste of knowing that he rose from the dead on that first Easter Sunday. Heavenly Father, help us to use all our senses to experience your world, your Word and your will for us.



The one who eats this bread: **will live for ever**

We thank you Heavenly Father for all that you give us every day, both for our spiritual and physical needs, for giving us your Son, the Bread of Life, to be our salvation. Merciful Father, **accept these prayers for the sake of your son, our Saviour Jesus Christ. Amen.**