

Cooma Anglican Sunday 31 August 2025 HC 2.1

Hymn TIS 132 Holy, holy, holy, Lord God Almighty

Holy, holy, holy! Lord God Almighty!

Early in the morning our song shall rise to Thee;

Holy, holy, holy, merciful and mighty!

God in three persons, blessed Trinity!

Holy, holy, holy! all the saints adore Thee,

Casting down their golden crowns around the glassy sea;

Cherubim and seraphim falling down before Thee,

Who wert, and art, and evermore shalt be.

Holy, holy, holy! tho' the darkness hide Thee

Tho' the eye of sinful man Thy glory may not see;

Only Thou art holy; there is none beside Thee,

Perfect in pow'r, in love, and purity.

Holy, holy, holy! Lord God Almighty!

All Thy works shall praise Thy name, in earth and sky, and sea;

Holy, holy, holy; merciful and mighty!

God in three persons, blessed Trinity!

The Grace

of the Lord Jesus Christ, and the Love of God, and the fellowship of the Holy Spirit, be with you. **And also with you.**

'Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.'

Jesus said: 'This is the great and first commandment. And a second is like it: You shall love your neighbour as yourself.'

Lord have mercy on us, and write your law in our hearts by your Holy Spirit.

Sentence of the Day

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. **John 6:35**

Prayer of Preparation

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen.

Prayer of the Day

O God, you invite the humble and the sinful to take their place in the festive assembly of the new covenant; teach your church always to honour the presence of the Lord in the poor and the outcast; so that they may learn to recognise each other as brothers and sisters

gathered around your table. We ask this through Jesus Christ our Lord, the bread of eternal life, who lives and reigns with you and the Holy Spirit, one God, forever and ever. **Amen.**

Exodus 16:11-18 (NIV)

¹¹ The LORD said to Moses, ¹² “I have heard the grumbling of the Israelites. Tell them, ‘At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.’”

¹³ That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. ¹⁴ When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. ¹⁵ When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was. Moses said to them, “It is the bread the LORD has given you to eat. ¹⁶ This is what the LORD has commanded: ‘Everyone is to gather as much as they need. Take an omer for each person you have in your tent.’” ¹⁷ The Israelites did as they were told; some gathered much, some little. ¹⁸ And when they measured it by the omer, the one who gathered much did not have too much, and the one who gathered little did not have too little. Everyone had gathered just as much as they needed.

This is the word of the Lord. **Thanks be to God**

Psalms 78:19-29 (NIV)

¹⁹ They spoke against God; they said, “Can God really spread a table in the wilderness?

²⁰ **True, he struck the rock, and water gushed out, streams flowed abundantly, but can he also give us bread? Can he supply meat for his people?”**

²¹ When the LORD heard them, he was furious; his fire broke out against Jacob, and his wrath rose against Israel,

²² **for they did not believe in God or trust in his deliverance.**

²³ Yet he gave a command to the skies above and opened the doors of the heavens;

²⁴ **he rained down manna for the people to eat, he gave them the grain of heaven.**

²⁵ Human beings ate the bread of angels; he sent them all the food they could eat.

²⁶ **He let loose the east wind from the heavens and by his power made the south wind blow.**

²⁷ He rained meat down on them like dust, birds like sand on the seashore.

²⁸ **He made them come down inside their camp, all around their tents.**

²⁹ **They ate till they were gorged—he had given them what they craved.**

Revelation 2:12-17 (NIV)

¹² “To the angel of the church in Pergamum write:

These are the words of him who has the sharp, double-edged sword. ¹³ I know where you live—where Satan has his throne. Yet you remain true to my name. You did not renounce your faith in me, not even in the days of Antipas, my faithful witness, who was put to death in your city—where Satan lives. ¹⁴ Nevertheless, I have a few things against you: There are some among you who hold to the teaching of Balaam, who taught Balak to entice the Israelites to sin so that they ate food sacrificed to idols and committed sexual immorality. ¹⁵ Likewise, you also have those who hold to the teaching of the Nicolaitans. ¹⁶ Repent therefore! Otherwise, I will soon come to you and will fight against them with the sword of

my mouth. ¹⁷ Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give some of the hidden manna. I will also give that person a white stone with a new name written on it, known only to the one who receives it.

This is the word of the Lord **Thanks be to God**

John 6:25-59 (NIV)

Glory to you Lord Jesus Christ.

²⁵ When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?”

²⁶ Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. ²⁷ Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

²⁸ Then they asked him, “What must we do to do the works God requires?”

²⁹ Jesus answered, “The work of God is this: to believe in the one he has sent.”

³⁰ So they asked him, “What sign then will you give that we may see it and believe you? What will you do? ³¹ Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’”

³² Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³ For the bread of God is the bread that comes down from heaven and gives life to the world.”

³⁴ “Sir,” they said, “always give us this bread.”

³⁵ Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. ³⁶ But as I told you, you have seen me and still you do not believe. ³⁷ All those the Father gives me will come to me, and whoever comes to me I will never drive away. ³⁸ For I have come down from heaven not to do my will but to do the will of him who sent me. ³⁹ And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. ⁴⁰ For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

⁴¹ At this the Jews there began to grumble about him because he said, “I am the bread that came down from heaven.” ⁴² They said, “Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I came down from heaven’?”

⁴³ “Stop grumbling among yourselves,” Jesus answered. ⁴⁴ “No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. ⁴⁵ It is written in the Prophets: ‘They will all be taught by God.’ Everyone who has heard the Father and learned from him comes to me. ⁴⁶ No one has seen the Father except the one who is from God; only he has seen the Father. ⁴⁷ Very truly I tell you, the one who believes has eternal life. ⁴⁸ I am the bread of life. ⁴⁹ Your ancestors ate the manna in the wilderness, yet they died. ⁵⁰ But here is the bread that comes down from heaven, which anyone may eat and not die. ⁵¹ I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

⁵² Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?”

⁵³ Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵ For my flesh is real food and my blood is real drink. ⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷ Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. ⁵⁸ This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.” ⁵⁹ He said this while teaching in the synagogue in Capernaum.

This is the gospel of the Lord. **Praise to you, Lord Jesus Christ**

Sermon - John 6:25-59 - Jesus is the Bread of Life

The Apostles Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate; was crucified, died and was buried; he descended to the dead. On the third day he rose from the dead, he ascended into heaven and is seated at the right hand of the Father; from there he will come to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins and the resurrection of the body, and the life everlasting. Amen.

The Prayers of the People

Let us pray for the world and the church

Response: Christ Jesus, intercede for us, and in your mercy. **Hear our prayer.**

Accept our prayers through Jesus Christ our Lord, who taught us to pray,

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven.

Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Save us from the time of trial and deliver us from evil.

For the kingdom, the power, and the glory are yours now and for ever. Amen.

Scripture Sentence

Whenever you stand praying, forgive, if you have anything against any one, so that your Father who is in heaven may forgive your trespasses. Mark 11:25

Prayer of Approach

We do not presume to come to your table, merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord whose nature is always to have mercy. Grant us, therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

The Confession

The Spirit of truth comes to convict us of sin, of righteousness, and of judgement. Let us open our hearts and confess our sins in penitence and faith, confident in God's forgiveness.

Merciful God, our maker and our judge, we have sinned against you in thought, word, and deed, and in what we have failed to do: we have not loved you with our whole heart; we have not loved our neighbours as ourselves; we repent, and are sorry for all our sins. Father, forgive us. Strengthen us to love and obey you in newness of life; through Jesus Christ our Lord. **Amen.**

Almighty God, who has promised forgiveness to all who turn to him in faith: pardon you and set you free from all your sins, strengthen you in all goodness and keep you in eternal life, through Jesus Christ our Lord. **Amen.**

Greeting of Peace

We are the body of Christ. **His Spirit is with us.**

The peace of the Lord be always with you. **And also with you.**

Hymn - TIS 121 - God Himself is present

God Himself is present, Let us now adore Him, As with awe come before Him.

God is in our midst now; In our hearts keep silence; worshipping in deepest reverence.

Him we know, Him we name

Come and let us make him our renewed surrender.

O majestic Being, I would praise you duly and my service render to you

In the selfsame spirit as the holy angels, ever standing in your presence.

Grant me now, So to strive

evermore to please you, dearest God, in all things.

Let your glorious light, Lord, permeating all things, reach my face and eyes to touch them;

as the tender flowers, open out their petals, to the sun their hearts unfolding,

so may I, calm in joy,

hold your rays from heaven, power within me working.

Lord, make me your dwelling, let my heart and spirit be for you an earthly temple:

come, Immediate Being, my whole life illumine, so I'll always praise and love you,

so where'er, I may be

there I may perceive you, ever bow before you.

Thanksgiving for Offering

Blessed are you, Lord, God of all creation. Through your goodness we have gifts to share.

Accept and use our offerings for your glory and for the service of your kingdom.

Blessed be God for ever.

The Great Thanksgiving

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

All glory and honour be yours always and everywhere, mighty Creator, everliving God.

We give you thanks and praise for your Son, our Saviour Jesus Christ, who by the power of your Spirit was born of Mary and lived as one of us. By his death on the cross, he offered the one true sacrifice for sin, and obtained an eternal deliverance for his people.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying:

Holy, holy, holy Lord, God of power and might, Heaven and earth are full of your glory. Hosanna in the highest.

Merciful God, we thank you for these gifts of your creation, this bread and wine, and we pray that by your Word and Holy Spirit, we who eat and drink them may be partakers of Christ's body and blood.

On the night he was betrayed Jesus took bread; and when he had given you thanks he broke it, gave it to his disciples, saying, 'Take, eat. This is my body given for you. Do this in remembrance of me.'

After supper, he took the cup, and again giving you thanks he gave it to his disciples, saying, Drink from this, all of you. This is my blood of the new covenant shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.'

Christ has died. Christ is risen. Christ will come again.

Therefore we do as our Saviour has commanded: proclaiming his offering of himself made once for all upon the cross, his mighty resurrection and glorious ascension, and looking for his coming again, we celebrate, with this bread and this cup, his one perfect and sufficient sacrifice for the sins of the whole world. Renew us by your Holy Spirit, unite us in the body of your Son and bring us with all your people into the joy of your eternal kingdom; through Jesus Christ our Lord, with whom, and in whom, in the fellowship of the Holy Spirit, we worship you, Father, in songs of never-ending praise:

Blessing and honour and glory and power are yours for ever and ever. Amen.

The Holy Communion

As this broken bread was once many grains, which have been gathered together and made one bread: so may your Church be gathered from the ends of the earth into your kingdom.

The gifts of God for the people of God

Come let us take this holy sacrament of the body and blood of Christ in remembrance that he died for us, and feed on him in our hearts with thanksgiving.

After Communion

Gracious God, we thank you that in this sacrament you assure us of your goodness and love. Accept our sacrifice of praise and thanksgiving and help us to grow in love and obedience that we may serve you in the world and finally be brought to that table where all your saints feast with you for ever.

Father, we offer ourselves to you as a living sacrifice through Jesus Christ our Lord. Send us out in the power of your Spirit to live and work to your praise and glory. Amen

Notices

Hymn - TIS 100 - All creatures of our God and King

All creatures of our God and King, Lift up your voice and with us sing

Alleluia alleluia

Thou burning sun with golden beam, Thou silver moon with softer gleam

O praise Him O praise Him Alleluia alleluia alleluia!

Swift-rushing wind that are so strong, and clouds that sail in heaven along
O praise Him, alleluia
Fresh-rising morn in praise rejoice, and lights of evening find a voice
O praise Him O praise Him Alleluia alleluia alleluia!

O flowing water pure and clear, Make music for thy Lord to hear
Alleluia alleluia
O fire so masterful and bright, Providing us with warmth and light
O praise Him O praise Him Alleluia alleluia alleluia!

And everyone of tender heart, Forgiving others take your part
O praise him, alleluia
All who long pain and sorrow bear, Praise God and on Him cast your care
O praise Him O praise Him. Alleluia alleluia alleluia

And thou most kind and gentle death, Waiting to hush our latest breath
O praise Him Alleluia
Thou lead to heaven the child of God, And Christ our Lord the way hath trod
O praise Him O praise Him Alleluia alleluia alleluia

Let all things their Creator bless, And worship Him in humbleness
O praise Him alleluia
Praise praise the Father praise the Son, And praise the Spirit Three in One
O praise Him O praise Him Alleluia alleluia alleluia

Blessing

The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord; and the blessing of God Almighty the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen**

Dismissal

Go in peace to love and serve the Lord:
In the name of Christ. Amen.

Sermon - John 6:35-59 - Jesus is the bread of life

Have you ever thought about what it means to have eternal life? Many non-Christians I speak with tell me they don't want to live forever because it will be boring, or some other feeble excuse. Unfortunately for them, the Bible says that the alternative to eternal life is eternal judgement. The Bible is clear that everyone will exist forever, but some will be in paradise, in perfect relation with God, creation and humanity, and the rest will still exist, but will be shut out from the good things of God, things like love, peace and the good gifts of this earth - including wine which God gave to make our hearts glad. The alternative to eternal life won't be any fun!

Two weeks ago in this sermon series from John's gospel, we read that Jesus fed the crowd of 5000 men plus women and children with good things, loaves of bread and small fish. I mentioned then, as I did last week, that he was saying more than just that he was a miraculous caterer. This week we find out what that 'more' is, what it means that Jesus is the bread of life, the only way to eternal life with God in paradise. You really can't get 'more' than that!

In today's reading, Jesus starts by criticising the crowd. He says "you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill". He tells them "Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you."

Jesus makes it absolutely clear that what are important are not physical things, bread that simply fills bellies, or just goes stale and rots. He is saying that the miracles that he had done, the multiplication of the loaves and fish, the healings, the walking on the water were not important because of their physical outcomes - the full bellies, the healed bodies and so on. They are important because they are signs; they point to more important things than themselves. The crowds had seen the signs Jesus had performed, and they wanted to see more, but Jesus is saying they are only important for what they point to. The miracles, the signs don't point not to anything physical, but to eternal life. Jesus, in giving the signs, is pointing to the ultimate reality, that he is really offering eternal life. He

himself is the bread of life, and he himself will be offered up like sacrificial bread so that all may have eternal life.

What is the bread of life?

So, the first thing we need to understand is what Jesus means by the bread of life. Jesus calls the food that he offers 'Food that endures to eternal life'. So, the first aspect of this bread is that it endures. Unlike physical bread that goes stale and rots. Jesus is saying that the bread of life, that he himself, endures, he is eternal. Short lived bread cannot feed life that goes on forever. It has to be something - or someone - who himself will last forever. Jesus knows that he will rise to eternal life, never to die again, and he will endure this so that we too may rise from death to eternal life.

And Jesus will not only live to eternity, he has lived from eternity. Jesus has lived from before time, because with God the father and the Holy Spirit in trinity he created time and the whole universe. Jesus himself is divine, he is God and completely eternal. Normal bread only sustains for a short time, and divine, eternal bread is required to sustain you eternally.

Being eternal, the bread of life cannot come from this created order, because everything in this created order is temporary. Physicists tell us that literally everything in the physical world eventually wears out because of entropy, but Jesus says the bread of God is the bread that comes down from heaven and gives life to the world. Jesus has come down from heaven and gives us this life, and he is this bread of life.

Then, after all this picture language, Jesus is explicit. He declares, "I am the bread of life." He is saying he didn't come just to give bread, but to be bread, to be the bread that gives eternal life.

How do we get the bread of life?

Now, since Jesus is the bread of life, the question is how do we, today, 2000 years later, the other side of the world, we who don't see the physical, bodily Jesus hanging out on mountains handing out bread rolls and fish, get this bread of life?

Jesus says that the son of man, that is, he himself will give eternal life to you as a gift. The only thing we need to do to gain it is to believe in himself, the one whom God the father sent. If we just believe in Jesus, God the Father in effect gives you to Jesus, you will come to Him. He says

that whoever comes to him he will never drive away. He goes on to say that everyone who looks to the Son, whoever looks to himself, and believes in him shall have eternal life, and he will raise them up at the last day.

So all we need to do to receive eternal life is to believe Jesus, the bread of life. There are no works, nothing we have to do except put our faith in Jesus. If you believe in Jesus, you will have eternal life, you will be raised on the last day to eternal life the way God intended life to be, in perfect relationship with Him, with each other and with the world.

It is also not just 'a' way to eternal life, it is the 'only' way. Jesus says in John 14:6 "I am the way and the truth and the life. No one comes to the Father except through me." This complements verse 44 in which Jesus says "No one can come to me unless the Father who sent me draws them." So the Father draws us to Jesus, and Jesus is the only way to the Father - to the eternal life in perfect relationship with him that Jesus promised.

What are the consequences of eating the bread of life?

The final question we must ask ourselves today, is what is this eternal life? Or, putting it another way, what are the consequences of believing in Jesus?

Jesus says that 'Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.' Since Jesus had made it plain he is not talking about physical food, it is clear that he is not talking about physical hunger or thirst, but spiritual hunger and thirst. No one who believes in Jesus will ever be spiritually hungry or thirsty. This will no longer happen in this world or the world to come, in the eternal life that Christ grants you. Those who trust in Jesus will never long for spiritual realities - for being fed the real spiritual food and drink that truly gives life, for true fellowship with God, for mystically being in God, and God in you, for the sure hope of resurrection on the last day.

We also eat the flesh of the Son of Man and drink his blood, and so have true life within us. Jesus is referring to the Eucharist or Holy Communion, indicating a deep spiritual truth about participating in His life and sacrifice. He is foreshadowing the Last Supper, where Jesus institutes the New Covenant in His blood. It also connects to the spiritual unity all Christians have together, as 1 Corinthians 10:16-17 tells us¹⁶ Is not the

cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? ¹⁷ Because there is one loaf, we, who are many, are one body, for we all share the one loaf.

Conclusion

As I have been saying in this series from John's gospel, Jesus is so much more than he appears at first glance. He is so much more than an extravagant caterer who fills our bellies with physical bread that will leave us hungry in a short time. He is so much more than the giver of bread, he is the Bread of eternal life.

As we celebrate the Lord's Supper shortly, we will pray that by God's Word and Holy Spirit we will eat and drink of the bread and the wine and partake of Christ's body and blood, and celebrate Jesus's one perfect and sufficient sacrifice for the sins of the whole world, renewing each of us by God's Holy Spirit in the unity of Christ's body, and bringing us into the joy of God's eternal kingdom, where in the fellowship of the Holy Spirit we will worship God the Father in songs of never ending praise.

As we do this, let us remind ourselves again that Jesus is so much more than the giver of bread, he IS the Bread of eternal life. Remember that we only get eternal life through Jesus, and the consequences of partaking of Jesus the bread of life for our relationship with God - being in him and him in us, and our relationship with all other Christians - being one together as Christ's body, and our relationship with God's creation - having the sure hope of eternal life in perfect harmony with all of God's creation as God intended - worshipping him, in Christ, and Christ in us, living forever. Let us remember that Jesus is this bread of eternal life.

Amen