

# twelvebaskets

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## ORDINARY 20B

18th August 2024

A short act of worship and daily devotions

A Free resource funded by donations from Individuals, churches and **twelvebaskets**.

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## Opening Prayers

As you sit here in this space you call your own ready to meet the living God remember:

- You are connected to people of faith worshipping in different ways and places.
- You are part of a community of saints that have worshipped for generations.
- You are joined with others across the world choosing to do the same.
- Here in this special space where God has been for all time you are free to worship.

So take a moment and give thanks in the quiet places of your heart.

For all you have,  
All you are,  
And all you might be.

*Pause*

If you feel able, speak the following:

All I have, all I am and all I might be I offer to you as I worship – today and always. Amen.

**You may now wish to say the Lord's Prayer in a version or translation with which you are familiar.**

**Readings:** John 6:51-58 – [Click for reading](#)

## Responding to the reading

In John 6:51-58, Jesus makes a profound statement: "I am the living bread that came down from heaven. Whoever eats this bread will live forever."

He goes on to explain that the bread he offers is a part of who he is, his life, shared with the whole world in this earthly ministry. This famous quote causes a great deal of confusion and even offence among the original listeners. For us, today, this passage provides a deep well of inspiration and challenge for our journey of discipleship.

Firstly, Jesus identifies himself as the living bread, a source of sustenance and life. This metaphor invites us to reflect on what truly nourishes us in our spiritual and daily lives. Are we seeking out sources that truly feed our souls, or are we filling up on things that leave us spiritually malnourished?

You could challenge yourself this week to identify and embrace practices, relationships, and activities that nourish your spirit and draw you closer to the divine presence in your daily life.

Jesus' teaching about eating his flesh and drinking his blood can be startling, yet it points us toward an embodied faith – a faith that goes beyond intellectual assent to a deeply

personal and transformative experience. It is more like eating a meal than remembering a recipe. It is real, it is here. God is amongst us.

This radical invitation is a reminder that our faith must permeate every aspect of our lives, becoming a part of who we are and how we act in the world. This week, you might like to reflect on how your faith is lived out in tangible ways. How can you more fully integrate your beliefs into your daily actions, ensuring that your discipleship is both profound and practical?

The imagery of eating and drinking also calls us to think about communion and community. The act of sharing a meal is inherently communal, breaking down barriers and fostering connection. In your journey of discipleship, how do you engage with your community? How do you create spaces of radical hospitality where everyone is welcomed and nourished? Challenge yourself to build or strengthen connections within your community, fostering an environment where each person can experience the sustaining love of Christ.

As you meditate on these themes from John's gospel, let them challenge and inspire you to deepen your discipleship. May you seek nourishment that sustains, live out an embodied faith, foster inclusive community, and practice sacrificial love, knowing that through these actions, you are participating in the divine life that Jesus offers to the world.

### **Hymn:**

545 STF – Be thou my vision, O Lord of my heart – [YouTube](#)

### **Blessing**

Go out and be the people Christ has called you to be,  
Go and be the very best, very fullest version of yourself.  
May your potential be fulfilled, in Jesus' name,  
Amen.

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## **Prayers and Prayer Pointers**

### **Monday 19<sup>th</sup> August**

Write a note or a message to a friend with a Bible verse in it that you think might be relevant to your life. Tell them you're thinking of them, and pray about them as they receive it.

### **Tuesday 20<sup>th</sup> August**

Think about the fruits of the spirit. Pick one of them that you don't feel you are very good at, or that needs some intentional work. Spend some time praying about this, and then practice it for a whole day in all you do.

### **Wednesday 21<sup>st</sup> August**

Find something in your house that is symbolic of your faith. Hold it. Give thanks for the journey of faith that God has taken you on in your lifetime. Ask for God to guide you on your onwards journey.

Make a cup of tea or coffee, or something else to drink. As you drink it, imagine all the places and people that are responsible for making it, from source to your lips. Thank God for them, the source of all life.

### **Thursday 22<sup>nd</sup> August**

Consider how God is love, and where there is love, there is God. Leave a note, or send a text message, to tell somebody you love them or you're grateful for them. Pray for them as you write.

### **Friday 23<sup>rd</sup> August**

Sit silently for ten minutes and let your mind wander. Offer any thoughts and feelings to God.

### **Saturday 24<sup>th</sup> August**

Place your hands flat against a wall and push. Pray thanksgivings that God has strength enough for our weakness.