

## Day 5

# Strength: Breaking Bread for the Journey

### Scripture

- **Acts 27:33-36**, All of them were encouraged and took food for themselves.

“Just before daybreak, Paul urged all of them to take some food, saying, ‘Today is the fourteenth day that you have been in suspense and remaining without food, having eaten nothing. Therefore I urge you to take some food, for it will help you survive; for none of you will lose a hair from your heads.’ After he had said this, he took bread; and giving thanks to God in the presence of all, he broke it and began to eat. Then all of them were encouraged and took food for themselves.”

- **Psalms 77**, I cried out to God for help.
- **Matthew 6:34**, Do not worry about tomorrow.

### Meditation

Paul’s invitation to eat is an exhortation to those in the boat to strengthen themselves for what lies ahead. This taking of bread marks a change of attitude, as those in the boat move from despair to courage. In a similar way the Eucharist or Lord’s Supper provides us with food for the journey and re-orientates us to life in God. We are made strong. The breaking of the bread – at the core of Christian community life and worship – builds us up as we commit ourselves to Christian service. We long for the day when all Christians will be able to share at the same table of the Lord’s Supper and draw strength from one bread and one cup.

### Prayer

Loving God, your Son Jesus Christ broke bread and shared the cup with his friends on the eve of his passion. May we grow together in closer communion. Following the example of Paul and the early Christians, give us strength to build bridges of compassion, solidarity and harmony. In the power of the Holy Spirit, we ask this in the name of your Son, who gives his life that we might live. Amen.

**Prayer Intention:** For the leadership of the Church throughout the world during this Week of Prayer for Christian Unity, that they may witness to Christ’s prayer “That All May Be One” ... We pray to the Lord.

### Questions:

- Have you had experiences of when the promises of Scripture haven’t delivered as you’d expect?
- When have you most felt the pain over disunity in the body of Christ?
- How might sharing the body of Christ be a source of healing and unity between Christians?

**Action:** Visit, send a card or call someone who is currently unwell that you know.