

**"PLENTY OF NOURISHMENT ... IN THE RUSH OF THE WIND!"**  
**THE TWELFTH SUNDAY AFTER PENTECOST – AUGUST 15, 2021**  
**PROVERBS 9:1-6; EPHESIANS 5:15-20; JOHN 6:51-58**  
**Promises for your pocket or purse - Take notes and carry them with you.**

**Do you get enough nourishment? Do you try to eat enough of the right foods? Does your diet include the major food groups? How does your body react when you do not get enough of the necessary nutrients? Does your energy supply disappear? Does your strength and stamina begin to suffer? As we further reflect on Jesus as The Bread of Life, we are reminded our spirit, our faith, need proper nourishment. In the rush of The Wind, as we feast on The Bread of Life, our spirit, our faith, will be fed and graced with the nourishment they need. When your heart in Christ is looking to be properly fed, come to the One who will keep you alive; come to the One who will give your spirit energy and purpose; come to the One who will keep you strong. Trust The Bread of Life came down from heaven to nourish your growing spirit, in power and grace!**

1. Like our body, our spirit and our faith also need nourishment to keep alive in the rush of The Wind. John 6:51
  - A. Jesus said he is "The living bread that came down from heaven." Jesus is the living bread. Not the bread that was alive. Not the bread that might stay alive. Not the bread that will one day live. This living bread has life now and will stay alive forever.
  - B. As the people of God, as God's people, we need to nourish and keep alive our spirit through all of life's ups and downs.
  - C. Proverbs 9:1-6; Ephesians 5:15 - The wisdom of God keeps us alive. Faith keeps us wise when all else tempts us and looks tasty.
    - i. Wisdom is at the heart of true living.
    - ii. Come and be nourished, not distracted.
    - iii. 'Come and eat of my bread and wine .... lay aside immaturity, ... walk in the way of insight ... and live.'
2. Our spirit, our faith, need nourishment to give them energy, in the rush of The Wind. Ephesians 5:15,18
  - A. Paul reminds the people of Ephesus and us, The Holy Spirit nourishes us and keeps us wise; The Holy Spirit fills us with energy and purpose.
  - B. As we abide in Christ, as we feed on Christ's flesh and blood, we are nourished to charge forward to serve and to witness!

3. Our spirit, our faith, need nourishment to stay strong in the rush of The Wind.  
Ephesians 5:18; John 6:55-57
  - A. Jesus calls us to eat his flesh and to drink his blood, to abide with him, to be at one with him, to make God and our neighbor first.
    - i. Leviticus 17:10-11 - Shares laws prohibiting cannibalism. Jesus is a very faithful Jew, and would not put these laws into question.
    - ii. Nothing weakens us more than feeling alone. We are nourished and strengthened when we abide with Christ. It's tougher to get any closer, to be nourished any better, than to be at one with Jesus.
    - iii. When we eat and drink of him, we witness that we know, trust and surrender to The One who keeps us alive.
  - B. When you are in crisis, when your spirit suffers tragedy, you need to eat and drink to keep up your strength. Turn to Jesus!
4. John 6:51,58 - 'As we eat and drink, we will live forever.' Trust your life, your spirit are graced and properly nourished in the rush of The Wind. Thanks be to God, we can come and feast on Who nourishes best our soul, heart and spirit; Jesus, The Bread Of Life!