



Wednesday Prayer

13th Sunday after Pentecost – Nourished in body, mind and spirit

(Jesus said) “This is the bread that came down from heaven...”

When many of his disciples heard it, they said, “This teaching is difficult; who can accept it?”

(Jesus replies) “...The words I have spoken to you are spirit and life.”

John 6:58,60,63

I remember with fondness the joy of feeding my children, especially as infants, and have enjoyed re-experiencing it with my grandchildren. With my own children, I alternated between nursing and bottle feeding, and both experiences brought them close to me. I held them in my arms, felt the rhythm of their breathing, and looked into their eyes. As their bodies were nourished physically, we were both nourished emotionally and became bonded together in a way that is difficult to explain. It was much more than providing the necessary calories, vitamins and minerals that their bodies needed to grow. It was a very concrete, tangible way to love a child. Aunties, uncles and other relatives may also experience this joy with the beloved children in their families.

Jesus coming to us in communion provides a spiritually intense connection for us. When we drink wine or juice and eat bread in other contexts, we take these elements into our bodies without further thought. But by coming together with other believers, receiving the bread and the wine, we hear the words of Christ:

“When you share bread together, remember me.”

“This cup is the new covenant. When you drink it together, remember me.”

We feel the breath of the Holy Spirit on our hearts as we taste the wine and chew the bread in a concrete, tangible way. It’s a time to figuratively look into Jesus’ eyes and feel the intensity of his love for us.

Just as a child’s body strengthens and grows, we are strengthened by this very concrete, tangible expression of God’s love for us and we grow to share it with others. With Jesus “abiding in us” we invite others to the table to experience this closeness. Nourished in our bodies, minds and spirits, we join to pray, educate and advocate for others in our work to protect children from harm.

Jesus, Savior who abides in each of us, strengthen us to be your hands in our world. As we invite others to your table, may they draw close to you and know that they, too, have eternal life. Amen.

Written by Kay Kinkel, MSW, LICSW, a Behavioral Health Professional contracted with LSS of MN, a member of the Cherish All Children Advisory Board, and a member of St. John’s Lutheran Church in Shakopee, MN.