

Sabbath Moments
A Service of Healing and Wholeness

Sunday, May 11, 2008, 6pm
Southport Presbyterian Church
The Toney Chapel

We Hunger and Thirst for God ...

**O God, you are my God, earnestly I seek you;
My soul thirsts for you, my body longs for you,
In a dry and weary land where there is no water.
I have seen you in the sanctuary
And beheld your power and your glory.
Because your love is better than life, my lips will glorify you.
I will praise you as long as I live,
And in your name I will lift up my hands.
My soul will be satisfied as with the richest of foods;
With singing lips my mouth will praise you.
On my bed I remember you;
I think of you through the watches of the night.
Because you are my help, I sing in the shadow of your wings.
My soul clings to you; your right hand upholds me.**

(Psalm 63:1-8)

The savor of God and the presence of God can come to us in daily events and encounters, in the joys and pains of life. We *can* get the good of eternal life from nibbling the grass at the edge of the dusty road we must travel, or we can make the *whole* of existence more and more a sacrament of communion with God.

(Evelyn Underhill, from *The Ways of the Spirit*)

Jesus said, “I am the bread of life. No one who comes to me will ever be hungry again. Those who believe in me will never thirst.”

(John 6:35)

Jesus stood and shouted to the crowds, “If you are thirsty, come to me! If you believe in me, come and drink! For the Scriptures declare that rivers of living water will flow out from within.”

(John 7:37-38)

Is anyone thirsty? Come and drink – even if you have no money! Come, take your choice of wine or milk – it’s all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen, and I will tell you where to get food that is good for the soul! Come to me with your ears wide open. Listen, for the life of your soul is at stake.... Seek the Lord while you can find him. Call on him now while he is near.

(Isaiah 55:1-3, 6)

Bread is food.

The Eucharist is food.

Before being friendship, God is bread. Before being your judge He is your food. In fact He has said, “I did not come to condemn the world but to save it.” (John 12:47) He is not the boss watching me; He is the brother who feeds me.

And He is the food which transforms me.

He would have set out on a useless journey if He had come to prove my misery, my weakness, my ease in debasing myself. Much better to come to change me.

He changes me by giving Himself in nourishment.

(Carlo Carretto, from *The God Who Comes*)

Jesus, tired from the long walk, sat wearily beside the well about noontime. Soon a Samaritan woman came to draw water, and Jesus said to her, “Please give me a drink.” ...

She was surprised, for Jews refuse to have anything to do with Samaritans. She said to Jesus, “You are a Jew, and I am a Samaritan woman. Why are you asking me for a drink?”

Jesus replied, “If you only knew the gift God has for you and who I am, you would ask me, and I would give you living water.” ...

“Please sir,” the woman said, give me some of that water!”

(Excerpts from John 4, the story of Jesus and the woman at the well)

When you come away from the experience [of Communion] may it be with fresh strength. May you have a new sense that every scrap of your lives – even when they seem dreadfully hard, seem to have no meaning, and there is not much to look forward to – are yet full of possibilities and worthwhile because we can make them ways of serving God. We can do our ordinary jobs for and in Christ, and so turn them into prayer. To offer every bit of our lives to God, even if it is in boiling potatoes, is to do His work in the world.

(Evelyn Underhill, from *The Ways of the Spirit*)

God be with you as you enter a new week.