

Sunday 8th August 2021

Tenth Sunday after Trinity



Today marks the end of the Olympic Games. "Tokyo 2020" will forever be remembered as the Games which actually took place a year late, postponed because of the Covid pandemic. Over the past two and a half weeks, we have seen the most amazing feats by athletes from all over the world, who have trained such through difficult circumstances, to be at the peak of fitness for their sport.

Those taking part in the Olympic Games train day after day for an event which, for some, can be all over in a matter of minutes, or even seconds. For some, there is success, glory and medals, but for many, there is disappointment, injury or accident, and even heartbreak.

For those of us who are not top athletes, life can still be very hard sometimes, and there are times when, whatever it is we do or are involved in, it all seems just too much and we feel like giving up. Our Old Testament reading today, which comes from the First Book of Kings, tells us what happened to Elijah the prophet when he was discouraged and dispirited and felt like giving up altogether.

Here is the passage:

1 Kings 19.4-8

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and

drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

We can see from Elijah's story that even Biblical prophets sometimes felt like this – and they were people who came so close to God and God came so close to them, that they knew what was most important. Elijah found that, even when he was at his lowest, God was close, helping him. How did God do this?

🤔 Did you know?

God loves us so much that, even if we feel as Elijah felt, or simply a bit fed up, we can know that God is holding us and loving us through whatever it is we are experiencing.

Sometimes we, like Elijah, need "food for the journey". Just as an athlete needs the right nutrition for peak fitness, we need not only physical food to keep our bodies and minds healthy, but spiritual food too.

If you are joining us in the Cathedral or online for our service today, you will hear, in our Gospel reading, about the spiritual food that Jesus offers us.

'I am the bread of life', he says. 'Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

What do you think is the bread of life that Jesus gives us?

We hear a lot about our physical and mental well-being, but today, let's thank God for providing for our spiritual well-being too.

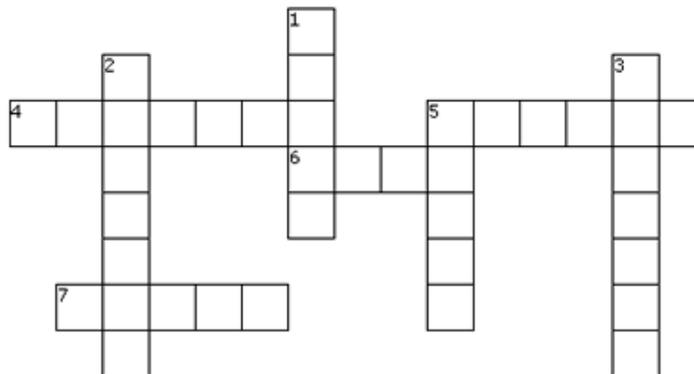
🙏 A prayer for this week:

Loving God, we thank you for all your gifts to us. We especially thank you for feeding us spiritually in the Holy Eucharist. Help us to care for others' well-being and to look out for them, just as you care for us. Amen.

Scroll down for some activities and colourings for this holiday week!

Jesus the Bread of Life

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)



ACROSS

4. For everlasting time; eternally
5. To make an effort to hear something; to pay attention
6. To continue to be alive
7. The Son of God

DOWN

1. The earth with its inhabitants
2. A person who speaks for God; Isaiah, for example
3. To accept as true or real
5. To gain knowledge through experience or study

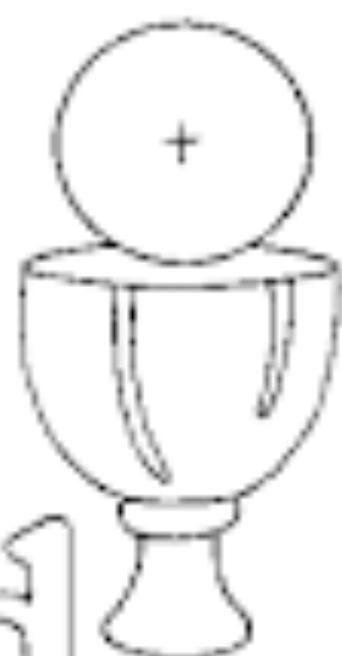
Jesus	listen	believe	forever
prophet	learn	live	world

I am
the

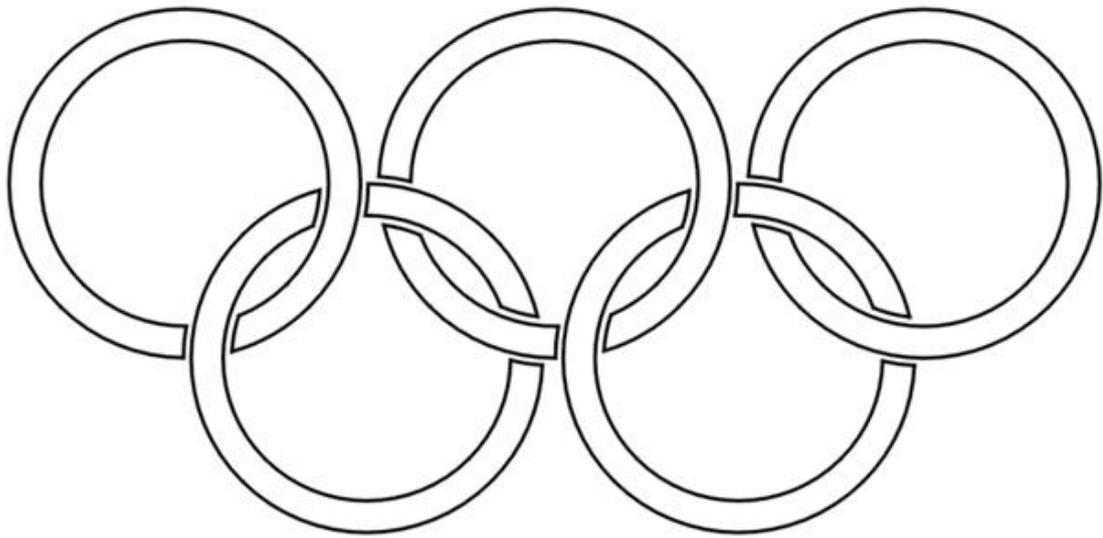
Bread

of

Life



OLYMPICS



Colour the ring on the top right red.

Colour the ring on the bottom left yellow.

Colour the ring on the top left blue.

Colour the ring on the bottom right green.

Colour the ring between the blue and the red rings black.

Fill the gaps:

world colours five rings flags

There are _____ interlocking _____.

The _____ represent all the _____
of the _____.

