

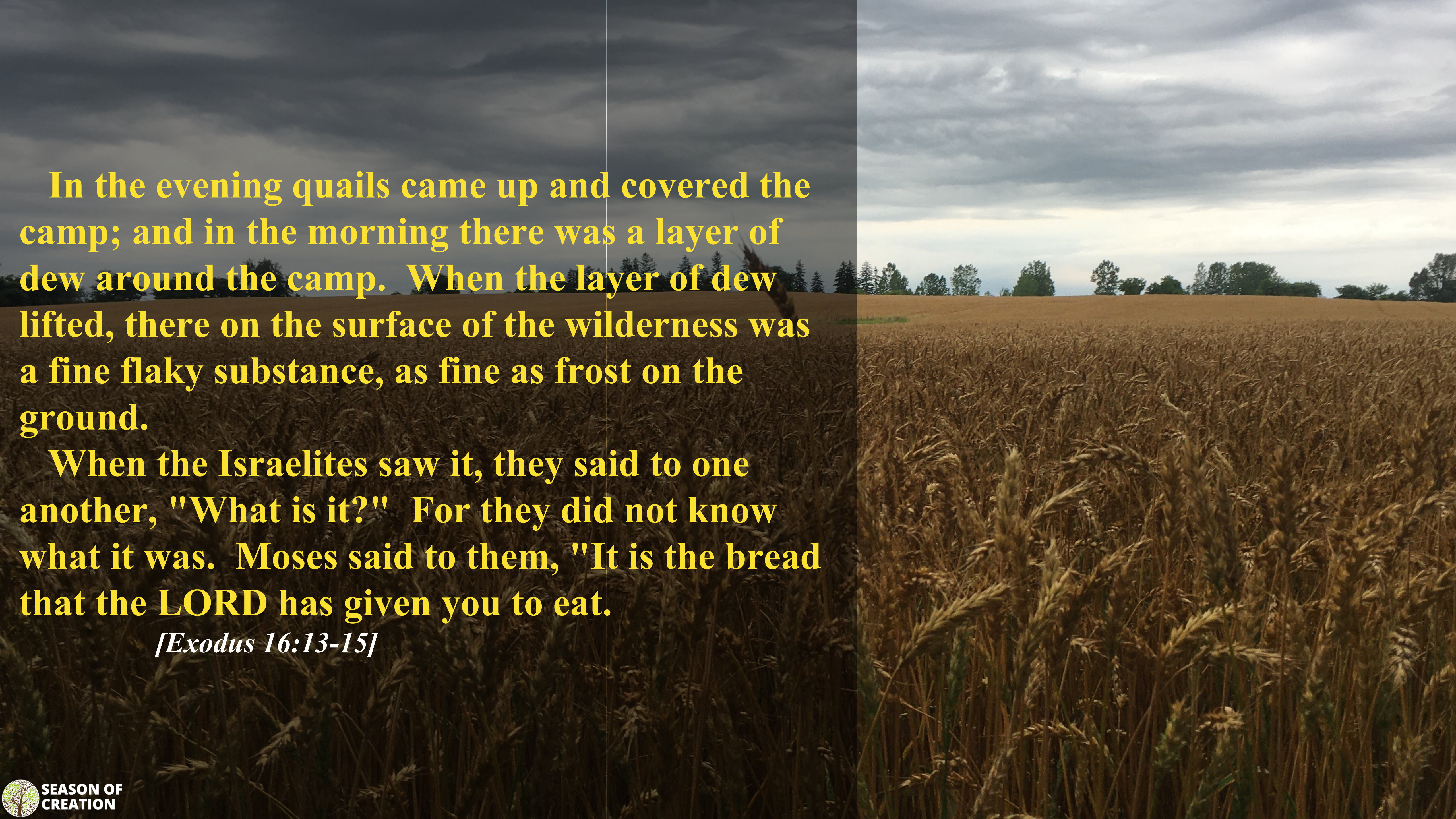
**[Members of the crowd said to him] “Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'”**

**Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." ...**

**Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.**

*[John 6:31-35]*





**In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground.**

**When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat.**

*[Exodus 16:13-15]*






Father God,  
give us today our daily bread.

The bread of enough,  
The bread to meet our need  
but not our greed.





As you gave your people  
manna in the wilderness,  
There was enough for  
everyone.  
So transform us.  
That we will trust you to give  
us enough.






Perplexed by the manna, the people of Israel asked, “what is it?”

They found it was good.  
So give us a childlike trust  
in the mystery of your bounty.



A wide-angle photograph of a vast field of golden wheat. The wheat stalks are tall and dense, filling the foreground and middle ground. In the background, a line of green trees is visible against a sky filled with heavy, grey clouds. The lighting is soft, suggesting an overcast day. The overall mood is contemplative and serene.

Lord Jesus, we ask you to  
renew and transform us.  
That we may come closer to  
you, the bread of life  
to learn with our hearts,  
to receive and give freely,  
to live in communion with You,  
to follow in Your way,  
and to know that enough is  
enough.






We pray for those who do not  
have enough –

The 700 million people with  
extreme hunger  
[pause]

And for those working to help  
them.  
[pause]





We pray for a just society  
where all can eat,  
where the needs of the poor  
and the needs of the earth  
are recognised and honoured.  
Come, Holy Spirit,  
renew the earth and the  
people.





Before we ask for our daily  
bread

We seek the coming of your  
just reign  
in our lives and in the world.

Amen.