

## 10.21.20 – A Weekly Word for Covenant Church

**Title:** Breaking of Bread

**Scripture Reading:** [Acts 2:42](#); [Luke 10:1-11](#)

**Reflection:** Pastor Henry

One year ago, during October 2019, we were on a different common journey as a church. Do you remember what journey we were on together?

It was a journey through Luke 10:1-11. During the month of October 2019, Covenant Church joined a number of other churches in Classis Grand Rapids South in participating in the in the [SENT](#) series.

In Luke 10:1-11, Jesus appoints and then gives instructions to the disciples he is sending out two by two to the town and places he was about to go. Part of the instructions Jesus gives to each of them included this:

“5 “When you enter a house, first say, ‘Peace to this house.’ 6 If someone who promotes peace is there, your peace will rest on them; if not, it will return to you. 7 Stay there, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house.

8 “When you enter a town and are welcomed, eat what is offered to you.”

What do you notice in these verses when it comes to food and drink? Read the verses again. What does Jesus tell his disciples to do when it comes to eating and drinking, when it comes to breaking bread?

Breaking bread, eating, and drinking with other people was an important and essential part of Jesus ministry. Tim Chester, in his delightful and insightful article [Eating, Drinking, and Doing Ministry](#), reminds us that in describing Jesus, Luke uses this phrase: “The Son of Man came eating and drinking.” ([Luke 7:24](#)) Throughout his gospel, Luke records for us story after story after story of Jesus either “...going to a meal, at a meal, or coming from a meal.”

Isn't the same true for us? How often in our lives are we not also going to a meal, at a meal, or coming from a meal? Eating and drinking, breaking bread is an important rhythm and part of our everyday lives.

Tell me, what would happen if we embraced this everyday rhythm and habit of eating and drinking, of breaking bread, as an important part of our own ministry? What would happen if we devoted ourselves to the breaking of bread together? What if we, like Pastor Doug said in his sermon to us this past Sunday, used our times of eating and drinking “...to forge relationships, bury anger, and differences and even provoke laughter?” What if we allowed this everyday rhythm of breaking bread to spiritually form and shape us and those eating with us?

I suspect later today we are going to break bread. I suspect that we are going to eat and drink at some point during our day. When we do, let's take time to stay and be present with those who are eating with us. Let's devote our heart and attention to those who are eating and drinking with us. Let's devote ourselves to breaking bread together.

**Prayer:**

Jesus, again and again, you used everyday rhythms and habits, habits like eating and drinking, to further your kingdom and to form and shape those who you ate and drank with. Help us to do the same. AMEN

**Action Item for the Day/Week:**

Sometime this week, eat or drink with someone you don't typically eat with. Invite them to eat with you either in person or by video chat. As you eat and share time together, cherish the person you are eating with.

**Song for today:**

[The Table](#)