Sacramental

* *The visible sign of the invisible God /Grace*

 St Augustine 5th C

We become what we share,

and what we share represents what we are

a blessed, broken and shared people.

 ‘Somewhere else’ Barbara Glasson

Pastorally, breaking bread serves many purposes

* Deepens devotions
* Nourishes the soul
* Renews
* Transforms
* Refreshes
* Heals
* Humbles
* Unites

***Questions for consideration.***

***Read***

* Why have we made something Jesus deliberately so simple so complicated?
* How is bread broken in other areas of the world?
* How can we be truly inclusive in breaking bread?
* Could we break bread by the side of the road or in a park?

Excerpts from

**Roberts Andrew** *Holy Habits*, Malcolm Down Publishing 2016

Developing Holy Habits

**3. Breaking of bread**

**The Adventure of Discipleship**

Discipleship is an adventure, but there will be days when we are more enthusiastic about it and others when we would rather do spiritual equivalent of snuggling back under the duvet !

**The Aim of Discipleship**

The aim of Discipleship is to develop within ourselves a ‘Christ like character‘ as a focus to enable the transformation of the world, so the Kingdom of God can a visible and tangible presence here on earth. Discipleship is personal and relational. It flows from the relationship we have with the one who calls us to follow, Jesus.

**Sacrificial nature of Discipleship**

Sacrifice is at the heart of discipleship and suffering, and to a greater or less extent, it is inevitable on the adventure. Jesus was not slow in challenging Simon Peter and his companions to go beyond their experience and comfort zones, thereby helping them grow in confidence. Sometimes in our discipleship there will be those moments when we are called to go beyond our comfort zones and discover Gods resources in new ways, and there will be times when we need to encourage others to take steps of faith on the adventure of discipleship. However living sacrificially, in obedience to the call of Jesus, may also involve suffering because of our association with the one we follow. This could be in the form of snide comments, being excluded from conversation or activities, or to stand alongside the people whom the rest of society would exclude.

**The Nurture of Discipleship**

As we practice the art of discipleship, so the fruits of holiness and Christ like character emerge and blossom, along with resilience, strength and faith to keep going. We need to learn to live rhythmically if we are to nurture 10 Holy Habits.

**Holy Habits**

If we are to commit ourselves and to encourage our church community to live rhythmically and develop discipleship, then we need guidelines; we need to develop tools to enable us to be ‘Christ like’ in character and focus. In other words, to develop and nurture ‘habits’ and allow the Holy Spirit to lead us on the adventure and excitement of discipleship.

**The third Holy Habit is breaking bread.**

**What does ‘breaking bread’ mean for you?**

The Gospel of Luke’s understanding

* Breaking bread was an everyday context
* On the road to Emmaus, bread was broken and all shared
* Breaking bread could be done, anytime, anywhere and at any place
* Breaking bread is linked to thanksgiving.

We can break bread in many places

* At church
* in a café
* in the playground
* in a prison
* beside a hospital bed
* on a park bench

There are four elements to experiencing a sacramental nature of breaking of bread

Hands

* When we stretch out our hands to receive bread and wine, **we are all the same** – sinners are transformed by grace
* **Different hands** with arthritis, smooth skinned hands of children, the hands of those one finds easy to love and the hands of those one feels challenged to love.
* Black hands, white hands, eager hands, hesitant hands, troubled hands, shaking hands, yet all are open hands

 A Gift to share for all people

* The **open table.** a sign of an inclusive community
* A symbolic sign of **selfishness being overcome by grace**
* An awareness that the shared gift needs to be **adapted to include all people**( gluten free bread, non-alcoholic wine, children, mental health, an inability to understand)

Simple and transferable

* Inviting ‘breaking of bread’ **networks** in own communities
* **Pastoral act** for all disciples to be involved in

small **missiona**l communities around breaking bread