

Sunday Morning Worship at Brentwood, Apr 10, 2016

2nd Sunday after Easter

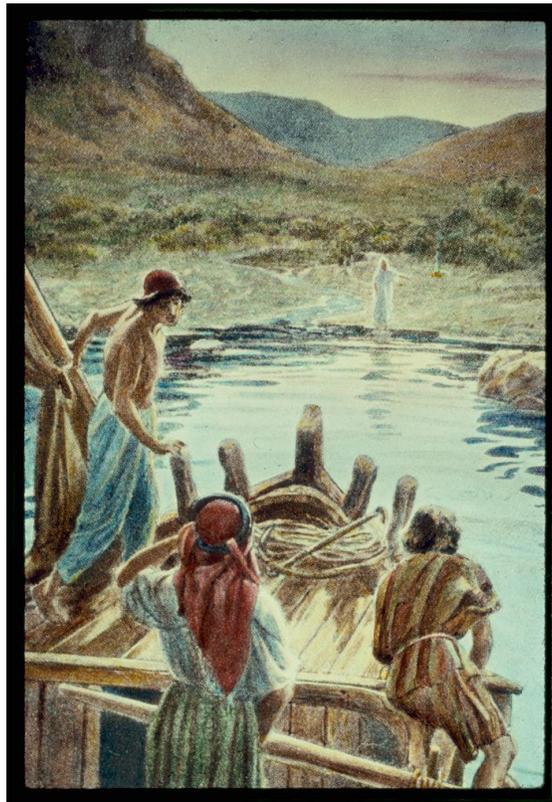
Notes for the sermon on Invited to Breakfast

John 21:1-19 – Sermon Text = John 21:12

***Jesus said to them, “Come and have breakfast.”
Now none of the disciples dared to ask him, “Who are you?”
because they knew it was the Lord.***

[Hymns = 476, 478, 565]

Key focus = There is something special that happens in our relationships when we are eating together. The disciples experienced that over and over again with Jesus. So can we. Remembering these times in the life of Jesus, we can be more attentive to their power in our lives today. Think of gratitude for the preparation of the meal, for the welcome received at the table, and for the nourishment received from the food.



Sermon notes of Rev Dr Brian Fraser,
Minister with Brentwood Presbyterian Church, Burnaby, BC

Getting Together to Eat

We talked about food and family on Friday night at Bible study – curious about how we prepared to welcome family and their friends into our home for a meal – several things emerged from the conversation as crucial:

- A welcoming invite to come and participate in a nourishing event – indication of what delights will be offered
- Finding out what food people like and know what food people need – not always the same, but quite possible to combine them
- Preparing both the food and the place where it can be enjoyed together
- Participating in the meal with everyone – as host, pay attention to the inclusive flow of the conversation
- Cleaning up after – joy in caring for the space so it can be used easily again

Think of the church as a place where we get together to be nourished to flourish in the grace of Jesus Christ – how we assist the host, who is always Jesus Christ

Nourished to Flourish

One more insight from this breakfast event

- experts that I've read suggest that breakfast is the most important meal of the day – breaks a long fast and re-fuels you for the day ahead
- true at the physical level, but also at the mental, emotional and spiritual levels
- how do we establish habits in the morning to attend to and feed all those dimensions of our beings?
- beyond the right foods, we will flourish best if we pay attention to our connections and to our possibilities
- seeking with God to focus on what we intend to accomplish in the day ahead and who will be touched by and support us in those activities
- perhaps best done through conversation with our families and our friends as we begin our days, especially that inexhaustibly faithful friend that we have in Jesus Christ – morning prayers as a part of morning breakfast
- integrating everything that enables us to flourish – recognize how interconnected all the energies that nourish us are in God's grace

Jesus' invitation to breakfast is an invitation into a relationship that can be trusted to nourish – every dimension of our beings – with the foods that are most suited to making our beings flourish as participants in the family of God