**The Revd Dr Jenny Wright, Chaplain to the Archbishop of York, reflects on John 6:24-35 for the Tenth Sunday after Trinity, 4th August.**

Jesus’ ‘I am’ statements in John’s Gospel are both beautiful, and somewhat perplexing.

A crowd who is hungry is asking him for food, but what he offers has nothing to do with grumbly tummies. I’m not sure if being hangry was a thing 2000 years ago, but if it was, talking about eternal life rather than food that perishes doesn’t seem like a very wise thing to do. And then not only does Jesus offer them advice on their spiritual, but he also claims to be the bread of life - to a group of hungry people!

Of course, the provision of physical is a sign of God’s care for his people – the Israelites ate manna in the wilderness for 40 years. Long after they arrived in the promised Land, they remembered God’s goodness and care, and their dependence on God. So, Jesus’ claim to be ‘the bread of life’ is not about physical food.

It is an invitation to change our perspective; to view what we have as a gift, to delight in the gifts of life – not only our food, but relationships and friendships, work and relaxation, rain and sunshine.

How this jars with our view of the world. Our lives are so cluttered with stuff, with things, with experiences. And while there are people, too many people, who are hungry and thirsty, who too often go without, excess is very much a reality of life in the 21st century. Vast quantities of new clothes end up in landfill. The amount of (often good) food that ends up in the rubbish is staggering. People are so often treated as commodities. The rapid advances in technology means electronic equipment becomes redundant almost before it leaves the factory.

Where is enough for us? Can we even begin to comprehend only gathering enough manna for one day… although the Israelites didn’t learn this on the first day, either. We need to discover what it means to rely on God, to be thankful for all that we have, to see it as a gift, to see abundance of the gift as something to share.

Not only all that we have in life, but our faith, too. We don’t need to ‘market’ the Gospel, we need to live lives transformed by the Good News. We need to live our lives knowing that Christ is enough. And through this, we might just change the world.

Let us Pray: Eternal God, the light of the minds that know you, the joy of the hearts that love you, and the strength of the wills that serve you: grant us so to know you that we may truly love you, so to love you that we may truly serve you, whose service is perfect freedom; through Jesus Christ our Lord. Amen.