

# Going Forth | Bread for the Journey

In Luke 9:51, Jesus comes down from the Mount of Transfiguration and “sets his face toward Jerusalem.” The remainder of Luke’s gospel tells the story of Jesus’ journey to Jerusalem and the suffering, death, and resurrection that awaited him there. Lent reminds us that our lives are also a journey toward God’s will. We carry out that journey in the Spirit of Jesus who gave us everything in order to do his Father’s will. So too, we are called to sacrifice our lives in the promise that those who lose their lives for Jesus’ sake will find true life.

In this station, you will receive physical reminders of the provision God’s gives you for the journey. We remember that God can use all our senses to encourage us along the way.

- Begin by **READING** the Scripture verses posted around the station.
- **REFLECT** on the following questions:
  - What smells do you associate with positive memories in your life?
  - What smells do you associate with church?
  - When have you experienced hospitality in the form of food and drink?
  - What food, literal and spiritual, does God provide for you?
  - How do you experience spiritual nourishment in your life?
- **TASTE** the homemade bread and **DRINK** a cup of water as a symbol of God’s provision for you in your journey.
- Sit in quiet prayer and reflection as long as you would like.

Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him! — Psalm 34:8

The hearing ear and the seeing eye, the Lord has made them both.—Prov. 20:12

“You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. — Matthew 5:13

Our God is in the heavens; he does all that he pleases. Their idols are silver and gold, the work of human hands. They have mouths, but do not speak; eyes, but do not see. They have ears, but do not hear; noses, but do not smell. They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat. — Psalm 115:3-8

And when the Lord smelled the pleasing aroma, the Lord said in his heart, “I will never again curse the ground because of man, for the intention of man's heart is evil from his youth. Neither will I ever again strike down every living creature as I have done. — Genesis 8:21

Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, “Take, eat; this is my body.” And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.” — Matthew 26:26-29