

Bread

It provides us with energy and nutrients too
That small grain of wheat, which looks puny to you
Yet when sifted and grinded and turned into flour
It's baked into bread, in less than an hour

Granary, seeded or even plain white
It's tasty and pleasing, when you take that first bite
Top it with cheese or marmalade spread
Delicious when eaten, between two slices of bread

Bread's part of our diet to keep physically fit
Igniting our body, to become spiritually lit
You'll never go hungry, but given strength to proceed
For only Christ can satisfy that spiritual need

Christ knows that our body, needs to be strong
As the journey ahead maybe toilsome and long
Yet with all of these burdens, He'll help nourish you
To instruct and to guide, and nurture you through

He was sent from Heaven, this True Bread of Life
Sustaining us during those days of much strife
Follow him daily, feed on His word
Keep to His rules, and the things that you've heard

For those who taste, and eat of this bread
Will inherit eternal life, and be spiritually fed
There maybe those days, where you hunger inside
Then turn to 'The Living Bread' for He will provide

This true Bread of Heaven, who was sent here to thresh
Giving Life to the world, He gave us his flesh
So keep this bread fresh, don't let it go stale
Or you will become lacking and never prevail

Irene Talman
June 2018