I am the bread of life.

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.” John 6:35

Sometimes I find myself caught up in the hustle and bustle of my day allowing my worries to cloud my sight. Often it is easy for me to get distracted and become blinded by irrelevant and vain things like unhealthy relationships, social media, the latest news, trends and fashions. It can be stressful to try and keep up with these things, especially when my time, money and energy are not being reciprocated. As I journeyed through the first half of this year I realized that I lost focus on some of the things that are most important to me. My focus was deterred by people, places and things; I found myself trying to fill a void that God was already filling.

In John 6:35 Jesus explains he needs to be what fills us. He wants to be everything we need. Jesus is everything we need! It can be hard to put your trust and faith in someone you cannot see, especially when you might be homesick, have financial struggles, loose a loved one, have trouble choosing a major or have relationship issues, but despite your needs or desires Jesus is calling you to his table, where love, compassion, peace, grace and mercy abound. If you come to Christ’s table you are sure to never go hungry or thirst again.

Life Question: In what way do you need to be fulfilled? What is keeping you from being fulfilled by Christ?

Prayer: Lord, please give me the strength to enter your presence and believe in your power. Help me not to be consumed by distractions of life, but help me to find fulfillment in you. In Jesus’ name, amen!

Shekanah Solomon, Resident Chaplain in Pat Barker Hall