Daily Bread
Part Four - Breaking Bread

Matthew 6:11
Give us this day our daily bread…

Acts 2:42
They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

Without daily bread we are malnourished and unhealthy!

Jesus referred to His body as bread and referred to the church as His body.

John 6:51
"…and the bread that I shall give is my body that I give for the sake of the life of the world."

Ephesians 1:23
And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself.

1 Corinthians 10:17
Because there is one bread, we who are many are one body, for we all share the one bread.

Fellowship within the body of Christ is one of the things God uses to nourish us and keep us healthy.

1 Corinthians 11:27-30
For this reason, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. 28 A person should examine himself first, and in this way let him eat the bread and drink of the cup. 29 For the one who eats and drinks without careful regard for the body eats and drinks judgment against himself. 30 That is why many of you are weak and sick, and quite a few are dead.

Relational Nutrients:

1. Encouragement. (Discouragement)
2. Accountability. (Unchallenged)
3. Correction. (Error)
4. Fellowship. (Loneliness)
5. Instruction. (Ignorance)
6. Assistance. (Helplessness)
7. Amusement. (Sorrow)
8. Counsel. (Cluelessness)
9. Support. (Desperation)

10. Example. (Naivety)

Nourishing relationships cannot be found outside of the body of Christ.

2 Corinthians 6:14
Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

We are expected to keep this bread fresh!

How to Keep the Bread of Fellowship Fresh:
1. Pray for each other.
2. Serve each other.
3. Go deeper with one another.