



# Stones and Bread

By Ian Menzies

The story of Jesus' temptations in the wilderness is a strange one. It is relatively easy to imagine the delirious temptation of a starved and dehydrated man to regard rocks as bread, but for us the temptation to seek spiritual sustenance in all the wrong places is more insidious and challenging. Just as ground up rock masquerading as bread can't provide physical nourishment, neither does a pursuit of fulfilment in what

are ultimately distractions provide satisfaction. I sometimes catch myself obsessing about matters that are actually as dry as dust, or looking for fulfilment or meaning in things that are ultimately futile. Jesus said, "I am the Bread of Life." Sometimes it can be a challenge to really take that simple reassurance to heart.

## Reflection:

*Do not labour for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.*  
John 6:27