

RESOURCE 4

SELECTED PASSAGES FOR EMHCs

Genesis 14:18-20

Melchizedek, king of Salem, brought out bread and wine. He was a priest of God Most High.

He blessed Abram with these words:
“Blessed be Abram by God Most High,
the creator of heaven and earth;

And blessed be God Most High,
who delivered your foes into your hand.”

Then Abram gave him a tenth of everything.

Exodus 16:2-4, 12-15

Here in the wilderness the whole Israelite community grumbled against Moses and Aaron.

The Israelites said to them, “If only we had died at the LORD’s hand in the land of Egypt, as we sat by our kettles of meat and ate our fill of bread! But you have led us into this wilderness to make this whole assembly die of famine!”

Then the LORD said to Moses: I am going to rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus, will I test them, to see whether they follow my instructions or not.

I have heard the grumbling of the Israelites. Tell them: In the evening twilight you will eat meat, and in the morning, you will have your fill of bread, and then you will know that I, the LORD, am your God.

In the evening, quail came up and covered the camp. In the morning there was a layer of dew all about the camp, and when the layer of dew evaporated, fine flakes were on the surface of the wilderness, fine flakes like hoarfrost on the ground.

On seeing it, the Israelites asked one another, “What is this?” for they did not know what it was. But Moses told them, “It is the bread which the LORD has given you to eat.

Exodus 24:3-8

When Moses came to the people and related all the words and ordinances of the LORD, they all answered with one voice, “We will do everything that the LORD has told us.”

Moses then wrote down all the words of the LORD and, rising early in the morning, he built at the foot of the mountain an altar and twelve sacred stones for the twelve tribes of Israel.

Then, having sent young men of the Israelites to offer burnt offerings and sacrifice young bulls as communion offerings to the LORD, Moses took half of the blood and put it in large bowls; the other half he splashed on the altar.

Taking the book of the covenant, he read it aloud to the people, who answered, “All that the LORD has said, we will hear and do.”

Then he took the blood and splashed it on the people, saying, “This is the blood of the covenant which the LORD has made with you according to all these words.”

Deuteronomy 8:2-3, 14b-16a

Remember how for these forty years the LORD, your God, has directed all your journeying in the wilderness, so as to test you by affliction, to know what was in your heart: to keep his commandments, or not.

He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your ancestors, so you might know that it is not by bread alone that people live, but by all that comes forth from the mouth of the LORD.

You then become haughty of heart and forget the LORD, your God, who brought you out of the land of Egypt, that house of slavery;

he guided you through the vast and terrible wilderness with its seraph serpents and scorpions, its parched and waterless ground; he brought forth water for you from the flinty rock and fed you in the wilderness with manna, a food unknown to your ancestors,

that he might afflict you and test you, but also make you prosperous in the end.

1 Kings 19:4-8

Elijah was afraid and fled for his life, going to Beer-sheba of Judah. He left his servant there and went a day's journey into the wilderness, until he came to a solitary broom tree and sat beneath it. He prayed for death: "Enough, LORD! Take my life, for I am no better than my ancestors."

He lay down and fell asleep under the solitary broom tree, but suddenly a messenger touched him and said, "Get up and eat!"

He looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again, but the angel of the LORD came back a second time, touched him, and said, "Get up and eat or the journey will be too much for you!"

He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

Proverbs 9:1-6

Wisdom has built her house,
she has set up her seven columns;

She has prepared her meat, mixed her wine,
yes, she has spread her table.

She has sent out her maidservants; she calls
from the heights out over the city:

"Let whoever is naive turn in here;
to any who lack sense I say,

Come, eat of my food,
and drink of the wine I have mixed!

Forsake foolishness that you may live;
advance in the way of understanding."

Acts 2:42-47

They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers.

Awe came upon everyone, and many wonders and signs were done through the apostles.

All who believed were together and had all things in common; they would sell their property and possessions and divide them among all according to each one's need.

Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.

Acts 10:34a, 37-43

Then Peter proceeded to speak and said, "In truth, I see that God shows no partiality.

What has happened all over Judea, beginning in Galilee after the baptism that John preached, how God anointed Jesus of Nazareth with the holy Spirit and power. He went about doing good and healing all those oppressed by the devil, for God was with him.

We are witnesses of all that he did both in the country of the Jews and (in) Jerusalem. They put him to death by hanging him on a tree.

This man God raised (on) the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead.

He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead.

To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name."

1 Corinthians 11:23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread,

and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me."

In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

Hebrew 9:11-15

But when Christ came as high priest of the good things that have come to be, passing through the greater and more perfect tabernacle not made by hands, that is, not belonging to this creation, he entered once for all into the sanctuary, not with the blood of goats and calves but with his own blood, thus obtaining eternal redemption.

For if the blood of goats and bulls and the sprinkling of a heifer's ashes can sanctify those who are defiled so that their flesh is cleansed, how much more will the blood of Christ, who through the eternal spirit offered himself unblemished to God, cleanse our consciences from dead works to worship the living God.

For this reason, he is mediator of a new covenant: since a death has taken place for deliverance from transgressions under the first covenant, those who are called may receive the promised eternal inheritance.

Mark 14:12-16, 22-26

On the first day of the Feast of Unleavened Bread, when they sacrificed the Passover lamb, his disciples said to him, "Where do you want us to go and prepare for you to eat the Passover?"

He sent two of his disciples and said to them, "Go into the city and a man will meet you, carrying a jar of water. Follow him.

Wherever he enters, say to the master of the house, "The Teacher says, "Where is my guest room where I may eat the Passover with my disciples?""

Then he will show you a large upper room furnished and ready. Make the preparations for us there."

The disciples then went off, entered the city, and found it just as he had told them; and they prepared the Passover.

While they were eating, he took bread, said the blessing, broke it, and gave it to them, and said, "Take it; this is my body."

Then he took a cup, gave thanks, and gave it to them, and they all drank from it.

He said to them, "This is my blood of the covenant, which will be shed for many.

Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God."

Then, after singing a hymn, they went out to the Mount of Olives.

Luke 9:11b-17

The crowds, meanwhile, learned of this and followed him. He received them and spoke to them about the kingdom of God, and he healed those who needed to be cured.

As the day was drawing to a close, the Twelve approached him and said, "Dismiss the crowd so that they can go to the surrounding villages and farms and find lodging and provisions; for we are in a deserted place here."

He said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have, unless we ourselves go and buy food for all these people."

Now the men there numbered about five thousand. Then he said to his disciples, "Have them sit down in groups of [about] fifty."

They did so and made them all sit down.

Then taking the five loaves and the two fish, and looking up to heaven, he said the blessing over them, broke them, and gave them to the disciples to set before the crowd.

They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets.

Luke 24:13-35

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred.

And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

He asked them, "What are you discussing as you walk along?" They stopped, looking downcast.

One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?"

And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him.

But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place.

Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive.

Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the

prophets spoke!

Was it not necessary that the Messiah should suffer these things and enter into his glory?"

Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures.

As they approached the village to which they were going, he gave the impression that he was going on farther.

But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them.

And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them.

With that their eyes were opened and they recognized him, but he vanished from their sight.

Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?"

So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!"

Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

John 6:1-15

After this, Jesus went across the Sea of Galilee [of Tiberias].

A large crowd followed him, because they saw the signs he was performing on the sick.

Jesus went up on the mountain, and there he sat down with his disciples.

The Jewish feast of Passover was near.

When Jesus raised his eyes and saw that a large crowd was coming to him, he said to Philip, "Where can we buy enough food for them to eat?"

He said this to test him, because he himself knew what he was going to do.

Philip answered him, "Two hundred days' wages worth of food would not be enough for each of them to have a little [bit]."

One of his disciples, Andrew, the brother of Simon Peter, said to him,

"There is a boy here who has five barley loaves and two fish; but what good are these for so many?"

Jesus said, "Have the people recline." Now there was a great deal of grass in that place. So the men reclined, about five thousand in number.

Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining, and also as much of the fish as they wanted.

When they had had their fill, he said to his disciples, "Gather the fragments left over, so that nothing will be wasted."

So they collected them, and filled twelve wicker baskets with fragments from the five barley loaves that had been more than they could eat.

When the people saw the sign he had done, they said, "This is truly the Prophet, the one who is to come into the world."

Since Jesus knew that they were going to come and carry him off to make him king, he withdrew again to the mountain alone.

John 6:24-35

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus.

And when they found him across the sea, they said to him, "Rabbi, when did you get here?"

Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled.

Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal."

So they said to him, "What can we do to accomplish the works of God?"

Jesus answered and said to them, "This is the work of God, that you believe in the one he sent."

So they said to him, "What sign can you do, that we may see and believe in you? What can you do?"

Our ancestors ate manna in the desert, as it is written: 'He gave them bread from heaven to eat.'"

So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven.

For the bread of God is that which comes down from heaven and gives life to the world."

So they said to him, "Sir, give us this bread always."

Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.

John 6:41-52

The Jews murmured about him because he said, "I am the bread that came down from heaven,"

and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?"

Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets:

"They shall all be taught by God."

Everyone who listens to my Father and learns from him comes to me.

Not that anyone has seen the Father except the one who is from God; he has seen the

Father.

Amen, amen, I say to you, whoever believes has eternal life.

I am the bread of life.

Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die.

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

The Jews quarreled among themselves, saying, "How can this man give us [his] flesh to eat?"

John 6:51-59

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

The Jews quarreled among themselves, saying, "How can this man give us [his] flesh to eat?"

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.

Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day.

For my flesh is true food, and my blood is true drink.

Whoever eats my flesh and drinks my blood remains in me and I in him.

Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.

This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

These things he said while teaching in the synagogue in Capernaum.

John 21:1-14

After this, Jesus revealed himself again to his disciples at the Sea of Tiberias. He revealed himself in this way.

Together were Simon Peter, Thomas called Didymus, Nathanael from Cana in Galilee, Zebedee's sons, and two others of his disciples.

Simon Peter said to them, "I am going fishing." They said to him, "We also will come with you." So they went out and got into the boat, but that night they caught nothing.

When it was already dawn, Jesus was standing on the shore; but the disciples did not realize that it was Jesus.

Jesus said to them, "Children, have you caught anything to eat?" They answered him, "No."

So he said to them, "Cast the net over the right side of the boat and you will find something." So they cast it, and were not able to pull it in because of the number of fish.

So the disciple whom Jesus loved said to Peter, "It is the Lord." When Simon Peter heard that it was the Lord, he tucked in his garment, for he was lightly clad, and jumped into the sea.

The other disciples came in the boat, for they were not far from shore, only about a hundred yards, dragging the net with the fish.

When they climbed out on shore, they saw a charcoal fire with fish on it and bread.

Jesus said to them, "Bring some of the fish you just caught."

So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn.

Jesus said to them, "Come, have breakfast." And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord.

Jesus came over and took the bread and gave it to them, and in like manner the fish.

This was now the third time Jesus was revealed to his disciples after being raised from the dead.