



United Methodist Church of Vista
490 South Melrose Drive
(760) 726-0442



Sunday, October 4, 2020

“A Meal for All”

Rev. Dr. Leigh Ann Shaw, Senior Pastor



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Scriptures: [Exodus 20:1-4](#), [7-9](#), [12-20](#) and [John 6:22-34](#) (NRSV)

Exodus 20:1-4 (NRSV)

¹ Then God spoke all these words:

² I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery;

³ you shall have no other gods before me.

⁴ You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth.

Exodus 20:7-9 (NRSV)

⁷ You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

⁸ Remember the sabbath day, and keep it holy.

⁹ Six days you shall labor and do all your work.

Exodus 20:12-20 (NRSV)

¹² Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

¹³ You shall not murder.

¹⁴ You shall not commit adultery.

¹⁵ You shall not steal.

¹⁶ You shall not bear false witness against your neighbor.

¹⁷ You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.



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¹⁸ When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance,

¹⁹ and said to Moses, “You speak to us, and we will listen; but do not let God speak to us, or we will die.”

²⁰ Moses said to the people, “Do not be afraid; for God has come only to test you and to put the fear of him upon you so that you do not sin.” ([top](#))



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John 6:22-34 (NRSV)

²² The next day the crowd that had stayed on the other side of the sea saw that there had been only one boat there. They also saw that Jesus had not got into the boat with his disciples, but that his disciples had gone away alone.

²³ Then some boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks.

²⁴ So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

²⁵ When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?”

²⁶ Jesus answered them, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves.

²⁷ Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.”

²⁸ Then they said to him, “What must we do to perform the works of God?”

²⁹ Jesus answered them, “This is the work of God, that you believe in him whom he has sent.”

³⁰ So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing?”

³¹ Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’”

³² Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven.

³³ For the bread of God is that which comes down from heaven and gives life to the world.”

³⁴ They said to him, “Sir, give us this bread always.” ([top](#))