Scripture
Matthew 26:26-30

26 While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.” 27 Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; 28 for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. 29 I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.” 30 When they had sung the hymn, they went out to the Mount of Olives.

Questions for Reflection

1. In this episode on the practice of “Go” – crossing boundaries, listening deeply, and living like Jesus – Chris Sikkema visits the Rev. Elizabeth DeRuff, an agricultural chaplain at Honoré Farm and Mill in Marin County, California. Honoré came into being “from the simple idea that food should sustain and nourish our bodies, minds, and planet.” They commit to “stand for the restoration of our relationships with grain, with each other, and with the earth.” This practice of restoration requires a great deal of intentional listening – to farmers, millers, visitors to the farm, and the land itself. Who or what might God be calling you to listen to? How might God be inviting you into that relationship?

2. Guest Elizabeth DeRuff points out that wheat is more than it appears – it is also made up of soil, water, sunlight, and air. In the same way that the wheat takes in all of these elements to flourish, we then also take them in altogether when we receive a piece of bread or a wafer as the Body of Christ at the altar during our Communion meal. Just as the wheat is nourished by the elements in order to produce grain, we are to be nourished by Eucharist in order to produce Christ-like love in the world. How are you spiritually fed by the presence of Jesus through your experience of Holy Communion?

3. At Honoré Farm and Mill, it is clear that everything is done with intention and as a response to the love that flows freely from Christ. Often, crossing boundaries and following the summons of curiosity sent by the Holy Spirit require a great deal of intentionality; we are called not just to begin things, but also to keep going and to keep growing, even past the first wave of excitement or interest – especially when the going is hard. Is there a “holy curiosity” summoning you to greater intentionality and growth in the practice of “Go”? If you are feeling reluctant, how could responding from a place of gratitude for the love of Jesus – instead of from dread or obligation – change your approach?

Prayer
From the Book of Common Prayer, p. 258

Almighty God, Lord of heaven and earth: We humbly pray that your gracious providence may give and preserve to our use the harvests of the land and of the seas, and may prosper all who labor to gather them, that we, who are constantly receiving good things from your hand, may always give you thanks; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.