



How Can We Break Bread Together?

When the Lord sat with two of His disciples, He took bread, blessed it, broke it, and gave it to them (see Luke 24:30). We too can sit down with family and friends and literally break apart a loaf of bread so that we can share it.

Bake or buy bread that is braided (such as Challah), rounded, or shaped into a ring. Take the bread and say a blessing such as “You gave them bread from heaven for their hunger” (Nehemiah 9:15). Then break the bread apart and share it with the other people at the table.

Spiritually, we receive the bread of life from the Lord when we are receptive of His Divine love and wisdom and seek to use these in our lives. Then we can act from mutual love in our interactions with each other—breaking bread with the people around us.