

A sermon preached the Congregational Church of Almaden Valley, United
Church of Christ
San Jose, CA
Date: April 18, 2010
Rev. Kevin M. Smith
John 21:1-19

Come and Have Breakfast

I was reading an article about nutrition the other day and it said this about the need to eat a good breakfast:

Studies show that children who eat breakfast do better in school. It doesn't take much further thought to realize adults will feel better and perform better at work as well. Whether you work at home, on the farm, at the office, at school, or on the road, it is not a good idea to skip breakfast. Eating a good breakfast sets the tone for the rest of the day.

When you skip breakfast, you are likely to become tired when your brain and body run low on fuel. By mid-morning, you might grab a cup of coffee or wolf down a sugary candy bar to wake up again. This might work for a few minutes, but by lunch time you are hungry, crabby, and perhaps your mood might make you a little more prone to make unhealthy choices at lunch.

(at Ask.com: Don't Skip Breakfast. A Healthy Breakfast Means Good Nutrition. By [Shereen Jegtvig](#). About.com Guide. Updated September 17, 2008)

My favorite meal of the day is breakfast. Buckwheat pancakes with some kind of berry sauce (huckleberry is the best!), scrambled eggs (whites only these days), and sausage smothered with lots of *Cholulu* hot sauce and I'm in heaven. Unfortunately, I usually only take the time and energy to have this breakfast on my day off. Yes, Nancy and I often spend our Friday mornings off either at the downtown *Flames* or *IHOP*. How many of you eat a good breakfast every day? How many of you are lucky to get a good complete breakfast once or twice a week?

I really enjoy our Men's Breakfast's here at our church. Thanks to Bob Green and Dick Shipe and Dick Okumura and all the guys who have put it on all these many years. The speakers are always great and the food is too. I especially like the "omelet in a bag" breakfast that I think Bob Green,

or was it Jim Wright came up with? The omelet in a bag was very cool because you could mix your own ingredients; you could kind of “have it your own way” as they would say at *Burger King*! I hope our Men’s Breakfast continue you on in the future. It’s good fellowship and good food.

Speaking of good breakfast, can you imagine starting off your days having breakfast with Jesus down on the beach? *Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples* were the luckiest people on earth that day that Jesus made breakfast for them on the shores of the Sea of Tiberias. (John 21:2) Not only did Jesus make the followers of his breakfast, but this happened after he had been executed by the Romans three days earlier. This was a resurrection meal! Wouldn’t it be great, though, if Jesus appeared to us in body at one of our church breakfasts? How blessed we would be. I think in addition to putting on spaghetti feeds and sharing them with the local neighborhoods, we should add pancake breakfasts to our offerings!

And here is Jesus after he had been crucified and escaped the tomb serving breakfast to his followers who were still so deep in the midst of their grief that all they could think of doing after losing Jesus three days before is to do what they had always done—gone fishing. They weren’t out preaching the good news, or healing the world, or serving their neighbor they were deep in the depression of their grief over the loss of Jesus. They didn’t catch any fish on their own that morning—either fish of the ocean kind or the fish of evangelism. Who could blame them for feeling down and lost and neglected and probably very frightened about the future, too. And they were in this sad state even after Jesus had appeared to them two times before!

Jesus didn’t give up on them though and instead of scolding them he make breakfast for them—the most important meal of the day—a meal that you need in order to make the day go better and to be on the top of your game. He didn’t ask them to make breakfast for him either; he served them so that they could serve others. *Feed my lambs, tend my sheep, feed my sheep* Jesus implores Simon Peter three times. (John 21:15-18) Jesus was asking the man who denied he even knew Jesus three times when the chips were down for Jesus. He didn’t criticize Simon Peter, nor berate him, he simply asked Peter to serve. Just as Jesus knew that serving the disciples was what was needed to take them out of their post-crucifixion, post-resurrection funk he knew that he needed to give Peter a good nutritious meal to get his day started right. He was equipping the disciples for the day ahead and the many days ahead when they would be faced with their own

trials and tribulations as they tried to serve others and spread the Good News of God's love and forgiveness and justice.

This breakfast thing, this morning that the “people of the way” truly ate the “Breakfast of Champions,” was the last scene in the Gospel of John and leads us into the book The Acts of the Apostles. How fitting. How fitting that we see how Jesus' followers moved from depression, fear, and anxiety to becoming champions for spreading the message of God's love to the world—all because Jesus knew they needed a good hearty breakfast to get them started on their journey.

So, what if we cannot have a good hearty breakfast meal to begin our day? It's one of the sad things about our modern world today. I remember working on the farm during summer times in my home town of Fairfield, Washington. We gathered around the breakfast table at 6 a.m. every morning for a huge breakfast meal. My best friend's mom, Betty, knew that we wouldn't quick working until sundown and that we needed to be well fed if we were going to make it through the day. How can we be well fed spiritually each day to face the troubles and opportunities that come our way: pray, read your Bible, be open to listen to and looking for God in the people you meet and interact with every day, come to church to be in kinship with one another and to recharge your spiritual batteries, get out into nature and maybe even make breakfast for someone on the beach in their near future. Amen.