

A few years ago I went on a long walk – a very long walk - I spent six whole days on my own walking more than ten miles every day. It is a well-known path, and it is marked on all the maps, and of course I had a good map and a guide book of the path. There were signposts along the way. But a few times, I still got lost. One afternoon, I got really lost. I must have strayed off the path, it wasn't well signposted, and I just could not find it, and the map did not help. I walked three times around this huge field, looking for this path, and there was a farmer on his combine harvester, and he was a bit mean, because he would not stop his machine to get down and show me the way; then I thought I had found it, but it turned out to be wrong, and I actually walked in completely the wrong direction for about two hours – completely lost, I was, confused by the maps which seemed to be telling me the wrong thing, and just a little bit scared, because I didn't know where I was, my feet were hurting and I was getting very hungry; I was afraid it was going get dark before I could get to the place I was supposed to be staying that night? I got there in the end, tired, hungry and thirsty, completely worn out. All because I lost my way. I still look at that map now, and I think, how did I ever get lost? How

did I miss that path? I was completely stupid, I panicked, I could not think straight.

We can lose our way along the road of life. We can become lost, and confused, and scared. Many people in the world today are lost, confused, scared. Jesus tells us that he came to our world for their sake, for our sake; because if we are ever lost, Jesus says to us “I am the Way” – he's not like that mean farmer, he not only shows us the way, he is the Way, with him as our guide in life we will never get lost; we can't always trust people, but we can trust Jesus; we get confused as well, people can confuse by telling us different things, and we don't what life means – if we are ever confused, Jesus says to us “I am the Truth” – follow me, and your life will have meaning, and you won't be confused; and when we are scared, Jesus says to us, what is there to be scared of? I am the Life, I died and rose again so that you could have life, with me there is no need to be afraid, I am with you for ever.

Every Sunday we can receive his life in Holy Communion, he comes to us, we receive his body and blood and his life fills our life; what an awesome gift our children are receiving for the first time today; we need him so much,

not just today, but every week we need him; if we miss a week at church, then we are getting onto the wrong path, and we risk becoming lost, confused and afraid. Don't go down that road – don't be like me on my long walk. Stay close to Jesus, the way, the truth and the life – receive him into your heart every week; eat his body, drink his blood.