**3 Easter 2025**

If you had breakfast this morning, what did you have? I tend to eat a

light breakfast and earlier this morning I had some black cherry yogurt

and two pieces of thin-sliced toast. Dave’s Killer Bread: White Bread

Done Right. Sundays are my wife’s only days off, and she often makes a

heartier breakfast of scrambled eggs, bacon, toast, and sometimes fried

potatoes. Yum. She likes breakfast for dinner sometimes, which I’m not

that crazy about but, of course, I eat it!

In Jesus’s day, breakfast was light and usually included some fruit,

bread and wine. And, as an aside, don’t let anyone try to tell you that

the wine didn’t contain alcohol. The grapes were definitely fermented.

In fact, the closest wine these days to what Jesus drank is Amarone

a red, dry, and robust wine offering an intriguing balance

of fruit intensity, spice, and tannin content. Amarone will be in the

Communion cup this morning. I paid $50 for one bottle, but you and

God are worth it!

The most famous breakfast in history was not Breakfast at Tiffany’s,

but the Risen Christ Jesus serving breakfast to Peter and some of the

other disciples on a beach around the Sea of Galilee. This was not a

romantic comedy with Audrey Hepburn, but was nonetheless romantic

and deeply poignant on a number of levels. The downcast disciples are

back to fishing for fish and not having much luck. They had forgotten

that Jesus provided a miraculous catch back on the day they were

called, and told them that from henceforth they were going to be

fishing for people. Peter is, no doubt in tears, reinstated three times

to erase his three-times denials. Beautiful. Powerful. A charcoal fire on

the beach at sunrise. Breakfast with God in the flesh. Perfectly

choreographed. Breathtaking. Pause for a moment and place yourself

on that beach...

OK, there are two related things here I want to shine the light on.

First, Jesus Christ, Son of God, Second Person of the Trinity remains

after His Resurrection the consummate servant. He washed their feet at

the Last Supper. Now He’s serving breakfast to his hungry apostles. This

God of ours dwells from glory to glory in light inaccessible above and

beyond all things earthly, and yet he stoops down every day to feed

and nurture us in every way. He is supreme and yet subordinates

Himself. The Greek word for it is “kenosis,” meaning to pour out all

supreme prerogatives in order to serve. It’s incomprehensible except

through the eyes of grace and mercy. Our God desires to serve, not to

be served. That is an upside-down God. That is our God!

Now, there’s a very important related point here. A very common

misunderstanding is that our bodies are shells and only our spirits will

live on forever. It can be tempting to view our body as only a vehicle for

our soul, something that is a "necessary evil." This false belief can be

found throughout history and is still prevalent today. There is an

ancient heresy called Manicheism that believes that the body is bad,

yucky and evil, and that the soul and spirit are good. Other Gnostic

heretics also said that Jesus’s body wasn’t really like ours.

Unfortunately, it can have a negative impact on the way we live our

lives and is a philosophy that runs directly counter to orthodox

Christian tradition and teaching. Both body and soul have great dignity

and are meant to be united. One catechism puts it this way:

*The human body shares in the dignity of "the image of God": it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit: Man, though made of body and soul, is a unity. Through his very bodily condition he sums up in himself the elements of the material world. Through him they are thus brought to their highest perfection and can raise their voice in praise freely given to the Creator. For this reason man may not despise his bodily life. Rather he is obliged to regard his body as good and to hold it in honor since God has created it and will raise it up on the last day.* *CCC 364*

It is important to remember that Christians believe in the

resurrection of the body. This means that after our death, we will

eventually be reunited with our body for all eternity.

*In death, the separation of the soul from the body, the human body decays and the soul goes to meet God, while awaiting its reunion with its glorified body. God, in his almighty power, will definitively grant incorruptible life to our bodies by reuniting them with our souls, through the power of Jesus' Resurrection.* *CCC 997*

We speak of death as our “enemy,” as it separates what should be

united. This is one of the reasons why Jesus' resurrection was called

"good news." It meant that no longer would our souls be isolated from

our bodies, but that at the end of time they will be reunited for all

eternity. If we think of our body as only a shell, then we can do

whatever we want with it! Our health does not matter, nor does it

matter if we sin with our body. However, we believe that our body has

great dignity, and that what we do with our bodies also affects our soul.

We are not mere animals, who are not bound by any moral laws. We

are children of God, destined for eternal bliss with our Heavenly Father.

May we live as children of a loving Father, treating our body with care,

knowing that it will be with us (in a glorified state) for all eternity.

The newly canonized Saint John Paul II spent many years of his life

reflecting on the meaning of the body. Drawing from the Bible and

theology, he composed a work called the Theology of the Body. He

explains that it is through the body, and the experiences of the body,

that we most completely come to know ourselves and God. St. John

Paul II makes this bold assertion: “The body, in fact, and it alone, is

capable of making visible what is invisible: the spiritual and divine.” (Feb. 20, 1980)

And so dear ones of Trinity, love your bodies. Take care of them the

best you can. Be servants to your bodies, then let God use your bodies

to serve others. And when you eat breakfast during the week ahead, be

reminded of that most famous, beautiful breakfast on the beach.

**May it be so.**

Addendum from Ginny Slichter…

Wish I had heard a sermon like this when I was younger. I spent too much time worrying what I look [like as](http://like.as) I’ve gotten older. I have come to realize that this is who God wants me to be. Not some tall, thin, leggy, beautiful woman, but an older woman with wrinkles and aches and pains, but with a heart that wants to serve God. Thank you for reminding me of that. … Notice I said older, not old!!