

))) *Read aloud*

Welcome


...to *Breaking Bread* with Christians Against Poverty.

This group session is a guided opportunity
to draw closer

- to each other; and
- to what the Lord is doing here in Aotearoa.

Be encouraged as you hear stories of whānau as they journey from money chaos to financial resilience – alongside CAP and the local church.

Soak yourself in scripture – reflect and discuss – as you experience the bread of life in fresh ways.



Respond... so that people
in this land can thrive.

Light a candle

Settle into a moment of stillness.

You might choose to:

- close your eyes.
- breathe in through your nostrils...
breathe out.
- consider, where does this breath
come from? Receive God's
invitation to **draw closer**.

Scripture reading

Invite someone to read **Mark 6: 30-44**.

Please choose your preferred translation.



³⁰ The apostles came back to Jesus and told him all they had done and taught. ³¹“All right,” he said, “it’s time for a break. Come away, just you, and we’ll go somewhere lonely and private.” (Crowds of people were coming and going and they didn’t even have time to eat.)

³² So they went off privately in the boat to a deserted spot. ³³And... crowds saw them going, realised what was happening, hurried on foot from all the towns, and arrived there first.

³⁴ When Jesus got out of the boat he saw the huge crowd, and was deeply sorry for them, because they were like a flock without a shepherd. So he started to teach them many things.

³⁵ It was already getting late when his disciples came to him and said, “Look: there’s nothing here. It’s getting late. ³⁶Send them away. They need to go off into the countryside and the villages and buy themselves some food.”

³⁷ “Why don’t you give them something?” Jesus replied. “Are you suggesting,” they asked, “that we should go and spend two hundred dinars and get food for this lot?”

³⁸ “Well,” said Jesus, “how many loaves have you got? Go and see.” They found out, and said, “Five, and a couple of fish.”

³⁹ Jesus told them to sit everyone down, group by group, on the green grass. ⁴⁰So they sat down in companies, by hundreds and by fifties. ⁴¹Then he took the five loaves and the two fish, looked up to heaven, blessed the bread, broke it, and gave it to his disciples to give to the crowd. Then he divided the two fish for them all. ⁴²Everyone ate, and had plenty.

⁴³ They picked up the leftovers, and there were twelve baskets of broken pieces, and of the fish.

⁴⁴ The number of men who had eaten was five thousand.

Open in prayer

You might pray that God would speak through scripture and kōrero (conversation) — to bring you closer to each other, and closer to His heart for New Zealanders in need.

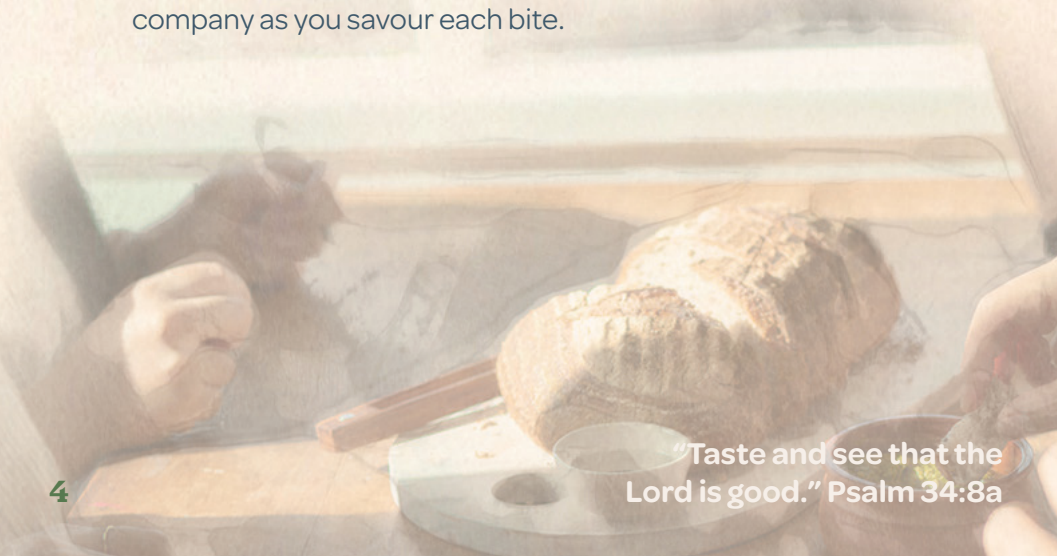
KARAKIA MO TE KAI (OPTIONAL)

E te Atua,
Whakapaingia ēnei kai
Hei oranga mō mātou tinana
Whangaia hoki ō mātou wairua
ki te taro o te ora
Ko Ihu Karaiti tō mātou Ariki
Ake, ake, ake
Āmine

Dear God
Bless this good food
May it nourish our bodies
and feed our spirits
with the **bread of eternal life**
Jesus Christ our Lord and saviour
Forever and ever
Amen

Break Bread

Share it around the table. Enjoy each other's company as you savour each bite.



"Taste and see that the Lord is good." Psalm 34:8a



▶ capnz.org/bread

Watch Wai & Andre's story

Now is the time to watch Wai & Andre's video. Simply scan the QR code above or visit **capnz.org/bread**

“Before CAP, the debt made me vulnerable... Lost, scared, just wanting to run away and hide.” Wai

“A stress relief. Seeing joy in her face.” Andre



Mark 6 for today



Someone gives what they have. Jesus takes five loaves, looks to the heavens, breaks bread; and gives it to his disciples to give to others. Everyone eats and has plenty!

Can you place yourself in this original scene?



Kōrero (discussion)

1. What thoughts/sensations occur for you as you imagine being in each role: as a crowd member?

As a disciple?...

What may Jesus have been thinking/feeling?

2. What does Mark 6:30–44 reveal about:

the workings of God's kingdom?

Jesus' care towards people in need? Is He inviting you to play a role in this today?

3. Cast your mind to Wai & Andre's CAP story.

Do you see any patterns of Mark 6 in their story, as they move from going without, to having daily bread?



A time to respond

Enable more people in this land to thrive



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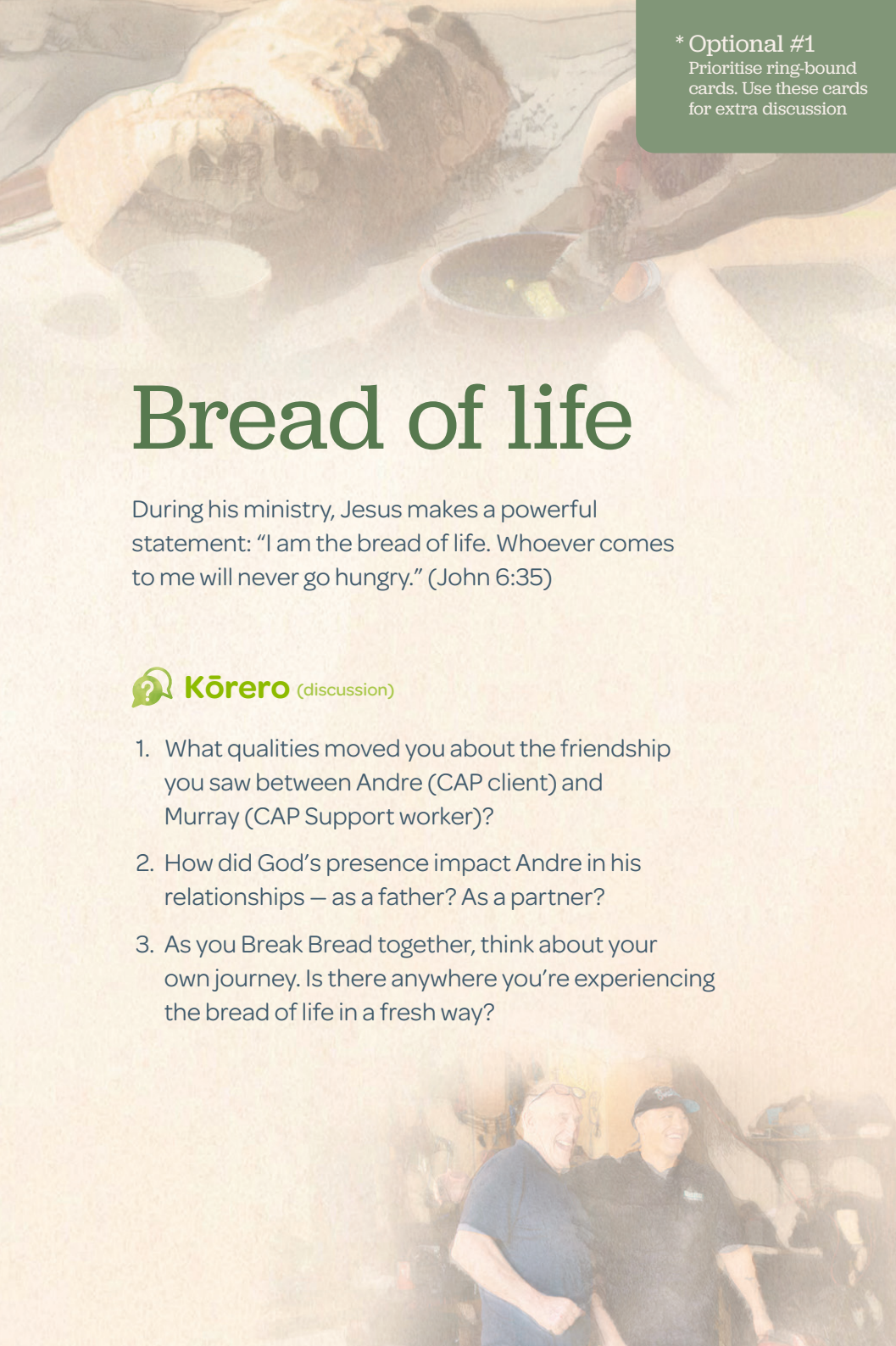
Get yourself comfy, with a good view of the screen.
Press **play** to watch the short 3 minute video segment
with Sam Garaway (CAP CEO & CAP Money coach).

You'll find out *how you can bring help and hope* to
the next New Zealander in need.

After the video — once everyone's had the time they
need to respond — take a final moment... As a group,
close in prayer; *each of you praying as you feel led*.

Blow out your candle.

**Thanks for *Breaking Bread...*
with Christians Against Poverty**




* Optional #1
Prioritise ring-bound
cards. Use these cards
for extra discussion

Bread of life

During his ministry, Jesus makes a powerful statement: “I am the bread of life. Whoever comes to me will never go hungry.” (John 6:35)

Kōrero (discussion)

1. What qualities moved you about the friendship you saw between Andre (CAP client) and Murray (CAP Support worker)?
 2. How did God’s presence impact Andre in his relationships — as a father? As a partner?
 3. As you Break Bread together, think about your own journey. Is there anywhere you’re experiencing the bread of life in a fresh way?
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Reflections in this land



The events in Mark 6 started with a boy who gave five loaves. You're invited to read this whakataukī (Māori proverb):

**Nā tō rourou, nā taku
rourou ka ora ai te iwi.**

With my basket and your basket,
the people will thrive.

Kōrero (discussion)

1. What comes to mind as you read the whakataukī above?
2. Is there anything you'd like to share about an area in your life, that started with the generous act of another person?
3. In what ways might God be inviting you to play a role to enable thriving *in your community*?



