

You are Either Bread or Stone

First Reader: You are either bread or stone.

Second Reader: Bread can be broken and shared with others.

First Reader: Stone is hard and cold.

Second Reader: When I accept to share what I have with others... When I take the time to help someone in need... I am bread for others.

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

[John 6: 53-58](#)



First Reader: When I am selfish and think only of myself... When all I am interested in is taking advantage of others... When I am cold with those who could use my friendship... I am stone for others.

Second Reader: Bread is good to eat and it gives life.

First Reader: When I respect others and treat them with kindness... When I am a peacemaker where there is tension... When I forgive those who have hurt me... I am bread for them. I give them life.

Second Reader: When I put others down, or laugh at them... When I gossip... When I want revenge... I am like a stone. There is no life in me.

First Reader: With stones you can break things.

Second Reader: When you use hard thoughts, hard words, hard actions with those around you and treat them as your enemies, you are like a stone thrown through a beautiful stained glass window, shattering the lives of those around you.

First Reader: Bread is soft and lets itself be eaten.

Second Reader: When I think well of others and help them see the goodness and gentleness of God through me, I am like soft bread that feeds and gives strength.

First Reader: We have a choice... We can be stone for others... We can be bread for them... Which have you been lately? Which one do you want to be?

Source: [Resources for Catholic Educators](#)