



Making the Divine Bread

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by waeshael ¹

¹ I am not uttering a final pronouncement nor expressing an established doctrine, but I am researching to the limit of my ability, I am discussing the meaning of the Scriptures and I do not claim to have understood that meaning wholly or perfectly, on many points I have a preliminary idea .

All biblical quotations are taken from the AV “King James Version”

The Master's Bread ²

Bread appears frequently in the New Testament stories and is used by The Master ³ as a metaphor for **the spiritual food needed for a man to enter Eternal life and the Kingdom of God.**

I will continue with this metaphor to help you understand how one man learned how to enter the spiritual Kingdom of God.

The Gospels, contain instructions by the Master how to become a child of The Father,

² “Bread” is mentioned 361 times in the KJV, even more times than “love”

³ His family and followers called him *Master, Rabbi, Teacher* - never *Jesus*.

and how to make the perfect bread to live on while you are searching for Wisdom. Jesus has a particular recipe for the bread that brings wisdom. Pastors don't talk about this, yet Jesus mentioned bread many more times than salvation.

Jesus has his own method for making perfect bread, but most of the instructions have been left out of the New Testament. We ordinary folk have little understanding of the process of actually making Jesus's bread. Priests know it because they have the full instructions in their library, but all the ordinary pew-dweller has access to is a prayer book and a bible.

Jerome and Tyndale who wrote the New Testament were writing to clergy who already knew how to cook, so there was no instruction

about mixing and weighing, temperature, time and so on. Most Lay people don't know the basics of how to prepare dough and bake bread. If they tried to make bread from a guess as to the process, they would end up with something unsatisfying - not what The Master wanted at all. He wants you to make perfect bread that will sustain you for life.

I hope you understand this is a metaphor for the way of life that Jesus wants for the children of god. He wants us to live on the bread of life, which is to follow His way of life.

Most teachers of religion are amateur cooks who don't know how to make Jesus bread, so they can't teach us. What The Master had really taught the Apostles about bread-making seems to be absent from our New Testament.

John said that there weren't enough books in the world to write down all the The Master taught them.

The New Testament only hints at what He taught the Apostles. Only two hours of Jesus spoken words are in the New Testament.

The Holy Spirit is a reminder to us of what Jesus said, but the The Holy Spirit is not a master Chef like Jesus.

The Master said to the Apostles: I am the bread of life ⁴ follow my instructions and you will never hunger, for I will show you how to make everlasting bread. But He didn't write a book about it. In fact there was nothing written down for a hundred years.

⁴Jo 6:35 & 48

The recipe for His bread is in the New Testament, but the instructions on how to prepare the ingredients and mix them are missing. Before we can make the Master's Bread, we must first learn how to measure and grind millet, and make dough and learn how to bake properly.

The list of procedures is in Matthew 5,6,7.

First we need to acquire **seven** skills.

The seven skills

The Master teaches us that The Father will offer us seven virtues, which if we accept them all, will enable us to make the Master's bread.⁵

⁵ MT 5:3 -11 "the beatitudes"

The seven virtues are: “fear of God, piety, knowledge, fortitude, counsel, understanding, and Wisdom.

St. Augustine wrote (5th. cent.) ” The sevenfold operation of the Holy Ghost vs. the Beatitudes - Chapter IV . 11. To explain what Jesus was saying.

“Hence also the sevenfold operation of the Holy Ghost, of which Isaiah speaks, seems to me to correspond to these stages and sentences. But there is a difference of order: for there the enumeration begins with the more excellent, but here with the inferior. For there it begins with wisdom, and closes with the fear of God: but “the fear of the Lord is the beginning of wisdom.”

“And therefore, if we reckon as it were in a gradually ascending series,

the fear of God is first, piety second, knowledge third, fortitude fourth, counsel fifth, understanding sixth, wisdom seventh.

The Fear of God

St. Augustine taught that The fear of God corresponds to the humble,

of whom it is here said, “Blessed are the poor in spirit,” i.e. those not puffed up, not proud: to whom the apostle says, “Be not high-minded, but fear;” i.e. be not lifted up.

Piety

corresponds to the meek: for he who inquires piously honours Holy Scripture, and does not censure what he does not yet understand,

and on this account does not offer resistance; and this is to be meek: whence it is here said, “Blessed are the meek.”

Knowledge

corresponds to those that mourn who already have found out in the Scriptures by what evils they are held chained which they ignorantly have coveted as though they were good and useful.

Fortitude

corresponds to those hungering and thirsting: for they labour in earnestly desiring joy from things that are truly good, and in eagerly seeking to turn away their love from earthly and corporeal things:

and of them it is here said, “Blessed are they which do hunger and thirst after righteousness.”

Counsel

corresponds to the merciful: for this is the one remedy for escaping from so great evils, that we forgive, as we wish to be ourselves forgiven;

and that we assist others so far as we are able, as we ourselves desire to be assisted where we are not able: and of them it is here said, “Blessed are the merciful.”

Understanding

corresponds to the pure in heart, the eye being as it were purged, by which that may be beheld which eye hath not seen, nor ear heard, and what hath not entered into the heart of man:

and of them it is here said, “Blessed are the pure in heart.”

Wisdom

corresponds to the peacemakers, in whom all things are now brought into order, and no passion is in a state of rebellion against reason, but all things together obey the spirit of man, while he himself also obeys God:

and of them it is here said, “Blessed are the peacemakers.”.

To exhibit these virtues is to be in Christ

When you exhibit these virtues, then you will be “in Christ.”⁶ And you will be making bread according to the Master’s methodology.

⁶ Origen, the greatest teacher to the church of the 3rd. cent. taught that “Christ is virtue.”

Here for review are the verses from Matthew known as The Beatitudes.

Mt 5:3* **Blessed are** the poor in spirit: for theirs is the kingdom of heaven.

Mt 5:4* **Blessed are** they that mourn: for they shall be comforted.

Mt 5:5* **Blessed are** the meek: for they shall inherit the earth.

Mt 5:6* **Blessed are** they which do hunger and thirst after righteousness: for they shall be filled.

Mt 5:7* **Blessed are** the merciful: for they shall obtain mercy.

Mt 5:8* **Blessed are** the pure in heart: for they shall see God.

Mt 5:9* **Blessed are** the peacemakers: for they shall be called the children of God.

Mt 5:10 * **Blessed are** they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

Mt 5:11 * **Blessed are** ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

The process of making 'bread'

These are the steps required for preparing to make bread The Master's way. You must also learn the techniques needed for each step to work.

Before you begin, you need to have absolute confidence that you will not only be able to understand the Master's way of making *bread*, but that once eaten, you will enter the Kingdom

of God and *see God* (be with the Father.) What is needed from you is the same confidence that the *grain of mustard seed* has - in that it knows without any doubt - with the help of God - it will overcome all obstacles and grow to become a big bush. The Master taught that if you have confidence in God to make it happen, nothing will prevent you entering the Kingdom of God.⁷

You, who have already been chosen by God, have been offered these blessings, but some of

⁷ Luke 11:9-11 “And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he for a fish give him a serpent?”

you do not recognize them. Once you recognize that you have received these blessings, you can apply these virtues in your way of life, and The Father will declare you *righteous*.

The blessings

The **fear of God** is the **first virtue** that is received as a blessing to those who are **poor in spirit**. Remember ‘blessed are the poor in spirit for theirs is the Kingdom of Heaven.’

Entrance into the Kingdom of Heaven is obtained by those who fear God The Father. This is the first step.

This fear is not something to make you afraid, it is a blessing to make you consider God The

Father in everything you think and do. You may imagine that God The Father is not only watching and listening to you, but that God The Father is present all the time, advising you and chastising you. You could talk to him while you are loading the washer, or making dinner, or wondering about what you should do about your dog's health problem.

Don't make any decision without God. Be **humble** - don't go it alone. Say to people things like "With God's grace I will come on Tuesday." The more you do this sort of thing the more present God The Father will become.

Luke says: Luke 21:36 "Watch ye therefore, and **pray always** [fear God] , that ye may ... stand before the Son of man." To *pray always* is to

ponder about God while you are awake and dream about God when you are asleep.

Getting the first virtue

Notice that this **first virtue** is offered to those **poor in spirit**, who realize they are missing something important but don't know what it is.

They begin to lose their desire for more attachments to worldly things,⁸ because their attention is on the Kingdom of Heaven, as Paul says also to his converts:⁹ “*For our conversation is in heaven; ...*” [meaning the focus of our attention is in heaven.]

⁸ The desire for attachment to things and people is also the cause of unhappiness.

⁹ Philippians 3:20

After the crucifixion, when James became head of the Church in Jerusalem, the followers actually pooled their resources and owned nothing. They were called “The Poor”¹⁰. I have met people like this, and tried to become less worldly myself. ¹¹

A major lifestyle change

I was living in a high rise condo at Fisherman’s wharf in San Francisco (it rents for \$6,000 a month today,) and was a Director of a medical Manufacturing Company. The Company was sold and I cashed in my stock options and wondered what to do next. After

¹⁰ Later, they were called Ebionites by other groups.

¹¹ I sold everything and sailed away to Mexico.

some ten years rushing around making money, I wanted to take some time off.

I sold everything that would not fit into a small sailboat—the condo, the Mercedes, all my photo equipment, books, kitchen equipment, coffee maker, and my business clothes were either sold or given to friends. I sailed my boat from San Francisco for Cabo San Lucas in Baja, Mexico, and stayed there about six months. In those days Cabo was very primitive. The nearest water source was a single stand pipe, and the water was polluted.

When my six month visa expired in Cabo, I moved to the mainland near Puerto Vallarta. I tied up at a big marina, but in those days there were only a dozen yachts in the marina and the condos were empty. There was a small grocery

store at the marina. For fresh bread and other stuff I had to walk a mile to the main road to catch a bus into Puerto Vallarta. Sometimes it was so crowded I had to stand on the outside of the bus. Often inside the bus there were holes in the floor which I had to straddle.

After two years in Mexico, I learned something about being poor and it made me appreciate the simple things in life, like ripe mangoes and fresh bread. And that people became more generous as I became poorer. In two years most of my money was gone, and I had to live very simply. After being in Mexico for two and a half years my experiment to find the simple life was complete. Home, was more than 5000 miles away by sea. I sailed home via

Hawaii - a 5200 nm journey that took two months. ¹²

Alone at Sea

I don't suppose that any of you have done such a thing, and you might not have any idea what it would be like to sail on an ocean in a small boat for such a long period.

Let me try and help you to understand.

Imagine that you have gone camping and have a small ten foot diameter tent which you set down in some place like the great salt lake. From the flap of the tent you can watch the sunrise and sunset with no obstructions. There are no trees or even bushes within

¹² I repeated this experiment after I had retired, with a three year voyage of the Caribbean. I had a little more money, and life was more comfortable, but still very simple.

sight. You are not allowed outside the tent. The park warden has warned you that occasionally packs of wolves wander across the area and that you must watch out for them and if you see any scare them away with a bright light. To be safe you must check the area every fifteen minutes at night. Sometimes it rains heavily, and sometimes the wind howls though the tent flaps. And every week or so there is an earthquake that rocks the floor under your tent and sends pots and pans flying. But you cannot leave the tent. In the tent you have food and supplies for a month. After 28 days you go home.

That is what it is like in the Ocean.

And that's where I learned to fear God. I trusted God, whoever He was, to take care of me

in the Ocean. I knew it would be okay, that I didn't have to worry.

On looking back after I had become a christian thirteen years later, I realized I had been searching for something in Mexico and on the Ocean without knowing what I was looking for, just that something was missing in my life, and I needed to go and find it.

Mourning for you know not what

Jesus called this a **mourning**. And He said mourners would be comforted. But it would be another thirteen years before I received **comfort**.

I began to be comforted in 2002, while in Grenada on another Epic voyage of three years. I had dropped out of business, having made

enough money to retire, and once again sold everything and reduced my belongings to what would fit in the boat, about as much storage space as a small car.

After two years in the Islands, I stumbled onto a christian book store, and the Holy Spirit convinced me to begin studying the Bible. I read voraciously not only the New Testament but the Greek language as well. I studied, not understanding very much but willing to hold off questioning for a later time.

Learning the third virtue

This was the **third virtue** I was learning which is **Piety** - the desire to find God in every day life.

Jesus said:

Blessed are the meek for they shall inherit the earth.

When I reached mainland USA again in 2003, I looked for someone to baptize me. And in 2004 I was baptized and confirmed into the Episcopal Church. The The Holy Spirit chose this particular Church for me, I am sure of it. During the next year I studied The Bible and the Church Fathers writings and was offered

the fourth virtue fortitude.

Blessed are they that do hunger and thirst after righteousness for they shall be filled.

I studied all day every day for 18 months.

I met with the Dean every Wednesday to discuss the upcoming Sunday readings, and

writing down as fast as I could type what was coming into my head.

The fifth virtue—Counsel

In 2005 I was offered the **fifth virtue** of **Counsel by The Holy Spirit** and began to teach what I understood of The Father and The Son.

This blessing corresponds to

Blessed are the merciful for they shall obtain mercy.

The sixth virtue—understanding

And as I taught I received the **sixth virtue** of **understanding** corresponds to blessing of **the pure in heart for they shall see God.**

And truly I have begun to understand Jesus and through Jesus the love of The Father .

The seventh virtue—wisdom

I retired from teaching when I was seventy, and began an on-line ministry for a few friends. After several years of writing I have received the blessing of **wisdom**

which corresponds with

blessed are the peacemakers for they shall be called the children of God.

In the last two years I have begun to understand the truths that Jesus was explaining about The Father and I am learning about the various god that people in America worship, who do not yet know Jesus and His Father, and I try to explain The Father to a few, but not many

people have a proper understanding of Jesus, and that makes knowing the Father very difficult for them.

The persecution

I expect that I am about to inherit the last blessing for which there is no corresponding virtue

Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

I only pray that this is a long way off.

A unique Journey

My journey has been unique. I have never met anyone who has made a journey like mine.

If you do desire to be blessed with all the virtues of Christ, you will have to sacrifice much that is considered important in this troubled world. You must learn how to abandon desire for attachments.

The Father may allow you to tramp around in the pluff mud of this world for a number of years, but eventually you must slide out of your boots and leave them behind.

Your future life is to sit at the feet of The Master. Follow your conscience and be happy, don't worry He will show you how to make the bread that enables you to live in eternal life.

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Anderson, SC
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