



One Page Sermon

By Pastor Robb McCoy

June 26, 2022

Worship Every Sunday at 9:30 AM

After the Storm: Self Care (John 21:1-14)

When I say the phrase, “Comfort Food,” what do you think of? I may think of my Mom’s spaghetti, a deep dish Chicago style pizza when I visit my Dad, or the first grilled hamburger of spring. One of my favorite comfort foods is a plate of fish and hushpuppies from Long John Silver.

I know, I know, it’s not great food. There is usually more breading than fish in those scalding hot planks of fried goodness. There are a thousand better seafood restaurants out there, but LJS is special to me. When I was in high school, my Dad and I would go out to dinner together every Wednesday. It was our night. My Mom was with her friend at a Bible study, so Dad and I would go out to various fast food restaurants. One of my favorites was Long John’s. I don’t go to Long John’s often, but when I do it takes me back to those nights. It reminds me of our time together, our conversations, our relationship, and our love. Comfort food might not be the most nutritious, but it can be healing. All of that in just some fish and hush puppies.

There are times when comfort food is exactly what you need. There are times when sitting with a group of friends, sharing stories, sharing conversation, and maybe some fish and hush puppies is exactly what you need.

In our passage from John today, that is exactly what Jesus needed. This is some time after the whole upper room resurrection story. That all happened in Jerusalem, and now the guys are back in Galilee. They’ve been given the Holy Spirit. They’ve been given a mission. But fellas gotta eat. So Peter says he’s going fishing, and six of his buddies go with him.

There on the beach is Jesus. Already with some fish on the fire and some bread. He helps them with an even bigger haul, and invites them to join him for breakfast. Yes, there is a miraculous catch of fish, but really is there anything more ordinary than breakfast with friends?

They were there on the beach, gripped with confusion, excitement, and wonder. The story doesn’t tell us much about their conversation until things get heavy between Jesus and Peter.

Yet in those moments before Jesus and Peter start talking, when they all know they are sitting with their Resurrected Lord, and they are eating fish and hushpuppies—I mean bread—I like to think there was some real healing going on.

They took the time for self-care. If they took some time to slow down, go fishing, and share a meal with friends, maybe you and I can do the same. Self care can take many forms, and it is far too often ignored. Maybe right now is a good time to take a nap, go for a jog, read a book, listen to some music, meditate, walk through the woods, or go fishing.

In the aftermath of the trauma of the Cross, in the midst of the huge task that lay ahead of them, in the process of healing and figuring out a new future, they simply ate. We can learn from Jesus and his friends, that sometimes the best thing we can do is gather, talk, break bread, and share some breakfast on the beach.



Say what you will about Long John Silver’s, but their hat is the superior fast food paper hat.