

Sermon preached at OCC, 28 September 2025

Creator God, who formed the stars and breathed life into us, open our hearts by your Spirit. As we look at your creation, may we see your love and discover who we truly are in Christ. Amen.

Colossians 1:15–20; John 6:41–51

In Christ: Knowing God, Knowing Ourselves

We are celebrating *Cosmos* in creation this week. “Cosmos” is not a word we use every day. But it speaks of order, beauty, and vastness beyond measure. To begin, let’s watch a short video clip.

(*Watching Humans in a Vast Universe, about 1min 55 seconds: Dr Jennifer Wiseman, NASA*)
— <https://www.youtube.com/watch?v=kJ4MJ7QJ2A4>

What came to your mind as you watched that? Here’s my question: *When you think of God, do you see Christ? Or do you imagine something distant, abstract, or impersonal?*
(2+2 min sharing)

When we look up at the night sky — or watch a video like *Humans in a Vast Universe* — we are reminded of how small we are. Billions of galaxies. Distances we cannot even begin to imagine. It can make us wonder: Do we really matter? Are we just a tiny accident in an endless cosmos? Those questions lead to the oldest ones of all: Who am I? Why am I here? What holds life together?

Paul answered with a hymn about Christ. John answered with a story about bread.

Knowing God Through Christ (Colossians 1)

Scripture tells us: we cannot truly know ourselves apart from God, and we cannot truly know God apart from Christ. The hymn in Colossians is extraordinary. It lifts Christ onto a cosmic stage. Paul was writing to people in Colossae who lived under the shadow of Rome, where Caesar’s image was everywhere. The emperor was worshipped as divine. But Paul dares to say: Christ is the image of the invisible God (v15). Where Rome claimed Caesar held the

empire together, Paul proclaims: in Christ all things hold together — galaxies, nations, and our very lives.

Knowing God as the Bread of Heaven (John 6)

John takes us in another direction. This same Christ, Lord of the stars, became flesh. He came down from heaven and offered Himself to us as the Bread of Life.

The paradox is breathtaking: the One who sustains galaxies is the same One who comes close enough to feed us. He is both cosmic and personal. Both Creator and Redeemer. But not everyone could see it. People looked at Jesus and said, “Isn’t this Joseph’s son?” (v.42). The information they thought they knew actually got in the way.

We often fall into the same trap. We think that knowing facts about someone means we truly know them. But Scripture reminds us: knowing Christ is not about information — it is about receiving Him, like bread that nourishes. So another question for us: *What does it mean for you to feed on Christ daily? Where do you hunger most in life?* (2+2 min sharing)

And every time we share bread at this table, we are reminded: He is not distant but present, nourishing us here and now.

Knowing Ourselves in Him

To know Christ is to know who we are. As the scientist said in the video, the very elements in our bodies were forged in stars. Science can tell us what we are made of — but not who we are made for. No one can fully explain the universe, or the mysteries of DNA, or the astonishing web of creation. But Scripture tells us: we are created, redeemed, and sustained in Christ.

Apart from Him, our self-understanding will always be partial. In Him, we see both our deep need and our infinite worth. This is not just theology — this is identity. We are people held together, fed, and made whole in Christ.

Here is the truth we come to today: In Christ, knowing God is knowing ourselves. It is not two separate journeys — it is one path, found in Him. When we know Christ, we know that we are not accidents but beloved. When we know Christ, we know our purpose — to live in

Him, through Him, for Him. When we know Christ, we know our true identity — not lost in the stars, but found in His love. *Let us pray.* Lord of the galaxies, Bread of Life, draw us to Yourself. In knowing You, may we truly know who we are. Amen.