

Sunday 12<sup>th</sup> August 2018  
"If anyone eats of this bread, he will live for ever"

Reading 1: 1 Kings 19:4-8

Reading 2: Ephesians 4:30--5:2

Responsorial Psalm: Psalm 34:2-9

Gospel reading : John 6:41-51

---

**Gospel reading:** *John 6:41-51*

The Jews then murmured at him, because he said, "I am the bread which came down from heaven." They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven'?" Jesus answered them, "Do not murmur among yourselves. No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day. It is written in the prophets, 'And they shall all be taught by God.' Every one who has heard and learned from the Father comes to me. Not that any one has seen the Father except him who is from God; he has seen the Father. Truly, truly, I say to you, he who believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh."

**Meditation:**

God offers his people abundant life, but we can miss it. It is first of all the life of God himself - life which sustains us not only now in this age but also in the age to come. The Rabbis said that the generation in the wilderness have no part in the life to come. In the Book of Numbers, it is recorded that the people who refused to brave the dangers of the promised land were condemned to wander in the wilderness until they died. The Rabbis believed that the father who missed the promised land also missed the life to come. God sustained the Israelites in the wilderness with manna from heaven. This bread foreshadowed the true heavenly bread which Jesus would offer his followers.

*Jesus is the "bread of life"*

Jesus makes a claim only God can make: He is the true bread of heaven that can satisfy the deepest hunger we experience. The manna from heaven prefigured the superabundance of the unique bread of the Eucharist or Lord's Supper which Jesus gave to his disciples on the eve of his sacrifice. The manna in the wilderness sustained the Israelites on their journey to the Promised Land. It could not produce eternal life for the Israelites. The bread which Jesus offers his disciples sustains us not only on our journey to the heavenly paradise, it gives us the abundant supernatural life of God which sustains us for all eternity.

*The food that makes us live forever*

When we receive from the Lord's Table we unite ourselves to Jesus Christ, who makes us sharers in his body and blood and partakers of his divine life. Ignatius of Antioch (35-107 A.D.), an early church father and martyr, calls it the "one bread that provides the medicine of immortality, the antidote for death, and the food that makes us live for ever in Jesus Christ" (Ad Eph. 20,2). This supernatural food is healing for both body and soul and strength for our journey heavenward. Jesus offers us the abundant supernatural life of heaven itself - but we can miss it or even refuse it. To refuse Jesus is to refuse eternal life, unending life with the Heavenly Father. To accept Jesus as the bread of heaven is not only life and spiritual nourishment for this world but glory in the world to come. When you approach the Table of the Lord, what do you expect to receive? Healing, pardon, comfort, and rest for your soul? The Lord has much more for us, more than we can ask or imagine. The principal fruit of receiving the Eucharist or Lord's Supper is an intimate union with Christ. As bodily nourishment restores lost strength, so the Eucharist strengthens us in charity and enables us to break with disordered attachments to creatures and to be more firmly rooted in the love of Christ.

Questions for Community Faith Sharing:

1. What is the bread of life which Jesus offers to you?
2. Do you hunger for the bread of life? How do you seek to satisfy this hunger? How can you build that intimate life with God?
3. How has the knowledge of the strength of the bread of life allowed you to show the charity and love of God to others in your life?

---

"Lord Jesus, you are the living bread which sustains me in this life. May I always hunger for the bread which comes from heaven and find in it the nourishment and strength I need to love and serve you wholeheartedly. May I always live in the joy, peace, and unity of the Father, Son, and Holy Spirit, both now and in the age to come."

Source: [www.dailyscripture.net](http://www.dailyscripture.net), author [Don Schwager](#)