

## **JESUS SAYS: I AM THE [EUCCHARIST] BREAD OF LIFE**

Jesus did not dismiss the importance of physical sustenance. He fed the hungry, the poor, and the multitude in the desert, showing deep concern for their basic nutritional needs. However, after addressing their physical hunger, Jesus invites them and so us to seek something deeper. He calls us to satisfy our spiritual hunger, a need that only He can fulfil. The daily meal Jesus invites us to partake in is the Eucharist, the centre of our faith. It addresses our spiritual hunger, guides us, and transforms us. Through the Eucharist, we are called to see people not just in terms of their physical needs—such as food, health, and alms—but also for who they are. Jesus goes on in the Gospel reading to present himself as the Bread of Life, as the One who can satisfy those deeper hungers and thirsts in our hearts. It is in coming to Him, believing in Him, that our hunger for the food that endures to eternal life will be met.

## **KEEP HOLY THE SABBATH DAY BY GOING TO MASS**

In today's Gospel (Jn 6:24-35) Jesus is telling us clearly to go to the Holy Sacrifice of the Mass every Sunday, and receive the Bread of Life, if we are serious about going to heaven someday. Our discipleship is a call to follow Jesus in 'the goodness and holiness of the Truth' (Eph 4:24). We are called to mount the Cross by dying to our old sinful self. Our minds must be renewed by a spiritual revolution so that we can put on the new self that has been created in God's way. We are called to replace our own sinful desires with God's holy desires. We are to break our addiction to sin and go to confession regularly. St. Paul tells us that, "*We must go through many hardships to enter the Kingdom of God,*" Sometimes when we undergo hardships in life, we can be tempted to complain, like the Israelites in the First Reading today (Ex 16:2-4, 12-15). They failed God's test by wasting their suffering and hardship. Rather than complain with the suffering we may encounter, we should ask ourselves how can I respond to it? Jesus brought eternal redemption into the world by offering His sufferings to God. We are all called to be partakers in the redemption of the world by following Jesus' example and offer our sufferings to God as a sacrifice for the conversion of sinners. This is our mission to help Jesus save souls through our sufferings.

## **REDEMPTIVE SUFFERING OFFERED TO GOD IS A DIVINE CURRENCY THAT WILL PURCHASE US A PLACE IN HEAVEN.**

Jesus says; "*Do not work for the food that perishes, but [work] for the Food that endures to eternal life. My Food is to do the will of Him who sent me.*" Like the people in the Gospel, many people are still looking for signs, otherwise they refuse to believe. The sign is very visible on earth with the Church. We must look through the eyes of faith. The enduring Food is Jesus Himself. Holy Communion is imperishable (everlasting) and the spiritual nourishment received from it on earth will continue to benefit the soul beyond the grave. Jesus feeds the soul preventing it from collapsing from spiritual starvation. A rocket cannot get to the moon without fuel. We cannot get to heaven without allowing Jesus feed us of His sacramental Body. The people asked; '*What must we do if we are to do the works that God wants?*' Jesus said; *You must believe in the One He has sent. I am the Bread of Life. He who comes to Me will never be hungry; he who believes in Me will never thirst.*' Believe that Jesus is truly present in the Eucharist and when receiving Him today, be more aware that you are holding the Living sacramental Body of Jesus Christ which contains His living beating Heart. Let's stop complaining and offer all up to God, practicing the martyrdom of silence. God bless, Fr. Brendan.