

Formed in Prayer

*Let us be still
and ask the Holy Spirit to be with us*

*Dear Father,
Be with us as we pray.
Open our ears to hear your Word in the Gospel.
Unite us in faith, hope and love as we pray together.
Send your Holy Spirit
to inspire and sustain us in our mission.
We ask this through Christ our Lord.
Amen.*



Gospel

John 6:24-35

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, ‘Rabbi, when did you come here?’ Jesus answered:

‘I tell you most solemnly,
you are not looking for me
because you have seen the signs
but because you had all the bread you wanted to eat.
Do not work for food that cannot last,
but work for food that endures to eternal life,
the kind of food the Son of Man is offering you,
for on him the Father, God himself, has set his seal.’

Then they said to him, ‘What must we do if we are to do the works that God wants?’ Jesus gave them this answer, ‘This is working for God: you must believe in the one he has sent.’ So they said, ‘What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.’ Jesus answered:

‘I tell you most solemnly,
it was not Moses who gave you bread from heaven,
it is my Father who gives you the bread from heaven,
the true bread;
for the bread of God
is that which comes down from heaven
and gives life to the world.’

‘Sir,’ they said ‘give us that bread always.’ Jesus answered:

‘I am the bread of life.
He who comes to me will never be hungry;
he who believes in me will never thirst.’

*What words or phrases struck you in Sunday’s Gospel reading?
What might God be saying to you in and through the Gospel?*

Turn over for Reflection and Final Prayer

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Reflection

In reflecting on this passage from the Gospel of John it is good to recall that the first section of this chapter recounts the miracle of feeding the multitude with loaves and fishes. That is why the crowd followed Jesus to Capernaum. Sensing their motivation, Jesus invites them to a deeper purpose.

As happens frequently in the Gospel of John, a number of levels of meaning are at play. In this instance bread is the image and Jesus endeavours to shift the focus from the ‘food that cannot last’ to the ‘food that endures to eternal life.’

In response to their plea – ‘Give us this bread always,’ Jesus comes to the heart of the Paschal mystery – “I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.’

As Catholics, this Gospel is a powerful summons to our Eucharistic faith. As leaders, this encounter of Jesus with the people highlights our challenge to bring others to deeper levels of meaning, engaging hearts and minds in a movement beyond mere compliance, to personal commitment. *(Br Aengus Kavanagh, fms)*

Loving Father,

Give us the grace to discern values that endure
and to have the courage to pursue such values.

We thank you for the bread of word and sacrament that nourish the soul
and we pray for continued openness to the gift of this bread.

May we model this openness among those we are called to serve.

We pray in the name of Jesus who revealed your love to us.

Amen