

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

Jn 6:51-58

Jesus said to the Jews: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

*What words or phrases struck you in Sunday's Gospel reading?
What might God be prompting you to consider or inviting you to do in and through the Gospel?
For background on John's portrayal of the Jews in his Gospel
go to notes by Fr Harrington at <http://www1.lasalle.edu/~dolan/2000/dan.htm>*

Reflection

"Anyone who eats this bread will live forever; and the bread that I shall give is my flesh, for the life of the world." When met with the incredulity of the Jews, Jesus rephrases this statement in even more shocking terms: "If you do not eat the flesh of the Son of man and drink his blood, you will have no life in you." As Catholics, this language may wash over us. After all, Sunday after Sunday we hear the words - "Take and eat, this is my body, this is my blood, given for you." The truth is, these words of Jesus should in fact shake us. They should move and amaze us. Because in reality, a radical and shocking promise is being expressed. Jesus doesn't mince his words here, and wants us to contemplate what this means: Each time we receive the Eucharist, we can rely on Jesus' promise that through his death and resurrection, we can receive him in his entirety and therefore receive everything we need. As Catholic leaders, through participating in the Eucharist we have the very body and blood of Jesus to nourish and sustain us – which is infinitely more powerful than any resource, methodology or talent we can muster up or discover in our own strength. Let us lean into the power of the Eucharist and draw from it all we need to grow in our faith and lead others effectively. (*Lidia Galea, CSYMI Curriculum and Youth Ministers Network Coordinator*)

Prayer

Dear Jesus,
May we trust in your promise and approach the Mass with full confidence
that you will fill us with your very life each time we receive the Eucharist.
May our disposition be one of receptivity,
that we might fully receive the graces contained within the mystery of the Eucharist.
Amen.