

# Sunday Reflection

◆ **First Reading:** *Exodus 16:2-4, 12-15*

◆ **Second Reading:** *Ephesians 4: 17, 20-24*

◆ **Gospel:** *John 6:24-35*

OUR Lord was generous with the bread, that's for sure! ; In last Sunday's Gospel reading Jesus performed a miracle with the 5 barley loaves and 2 fish, they all ate and were satisfied, and so their food bill diminished!! ; wouldn't be great to have Jesus outside TESCO? "Lord, here's my list of groceries, just perform a little miracle, and that'll keep my family and me fed for another week!!".. Unfortunately during his public ministry, that's how a lot of the people perceived him, Jesus as the provider, THE MAGIC BREAD MAN! They went looking for him again because they became hungry again, but this time he had something to say to them "YOU ARE NOT LOOKING FOR ME BECAUSE YOU HAVE SEEN THE SIGNS, BUT BECAUSE YOU HAD ALL THE BREAD YOU WANTED TO EAT" ; Really he was saying to them, YOU CAME TO ME HUNGRY IN THE DESERT AND I ATTENDED TO YOUR PHYSICAL HUNGER, AND NOW YOU WANT MORE(bread) ..

Then the Lord presents the people with a very different proposition "DO NOT WORK FOR FOOD THAT CANNOT LAST, BUT WORK FOR THE FOOD THAT ENDURES TO ETERNAL LIFE" by these words, what type of hunger is Jesus referring to? he is referring to Spiritual hunger ;

How do you and I manage our spiritual longings? Our nature as human beings is spiritual, therefore we need to attend to the FOOD that endures to eternal life, because if we don't attend to our soul hunger, then we end up spiritually bankrupt, as Holy Scripture reminds us "man does not live on bread alone, but on every word that comes from the mouth of God.." YES! it is important to be sustained physically, to nourish our body and to stay healthy is important, but that's not our ultimate purpose while in this earthly life ;

the French writer Antoine de Saint Exupery once said “TO NOURISH HUMAN BEINGS IS NOT THE SAME AS TO FATTEN CATTLE” In other words, in the eyes of God, we human beings occupy a higher dignity than the rest of creation, we are allowed to communicate with God, and God may communicate with us if we decide to allow in the Holy Spirit ; Later on in this same Gospel reading Jesus says “I AM THE BREAD OF LIFE, THOSE WHO COME TO ME WILL NEVER BE HUNGRY ; THOSE WHO BELIEVE IN ME WILL NEVER THIRST”; The bread referred to is primarily the teachings, promises and instructions given by Jesus throughout the entire Gospel ; At a secondary level this may refer to the Eucharist ; to avail of this BREAD we have to have Faith in Jesus as the One who was sent by the Heavenly Father ; and lastly, of all the hungers in the human heart and body, it’s our spiritual hunger that calls for our constant attention ; If our spiritual component is not in harmony with the Holy Spirit, then things become worldly, the life of the soul becomes ill-at-ease.... And believe it or not, THINGS WITHIN ourselves, our thought patterns etc., also become physically, mentally and emotionally out of focus, draining and disproportionate ;

Therefore, let’s get those words properly written into our hearts **MAN DOES NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT COMES FROM THE MOUTH OF GOD.....**

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