

19th Sunday in Ordinary Time

August 11, 2024: 1 Kgs 19:4-8 | Ps 34:2-9 | Eph 4:30 – 5:2 | Jn 6:41-51

Pray: Lord Jesus, rekindle our hearts anew with the treasure of the Eucharist. Amen.

Jesus is the Living Bread, the Gift of Eternal Life.

Jesus said, “I am the living bread which came down from heaven; if anyone eats of this bread, he will live forever, and the bread which I shall give for the life of the world is my flesh.” (John 6:51) The crowd of Jewish people, and even some of His disciples, had been listening to Jesus and they could not understand these strange and difficult words, so they chose to walk away from Him.

People had been amazed by Jesus’ healing miracles and fascinated by His stories. If they had given Jesus more time and trusted Him, perhaps there would have been more believers in what He was sharing about being the Bread of Life. Jesus tried to show them that just as God had provided manna to feed the hungry Israelites in the desert, He knew their hearts were hurting and wanted to feed them, too. This bread from heaven, Jesus Himself, would feed their souls and give them everlasting life. This heavenly food would be a gift of total love, self-surrender, suffering, and sacrifice and would lead the way to victory over death through His Resurrection. Jesus was pointing out His divinity, which was more than they could handle.

Clergy and those who have ever served as Extraordinary Ministers of Holy Communion on visits to the homebound in hospitals, nursing homes, or prisons often witness a profound demonstration of what Jesus meant by “living

bread.” It is truly humbling to walk into a hospital room to visit an elderly patient who is suffering and crying. When they receive Communion, their whole disposition often changes, and their face breaks out in a smile of relief and peace. By the same token, how beautiful it is when a retired deacon in the final stages of Alzheimer’s Disease cannot carry on a conversation or do anything for himself, yet when offered prayers and Communion, he mouths the familiar prayers and smiles in recognition when receiving Jesus.



Without a doubt, the True Presence of Christ is with us in the Eucharist. Christ brings hope, healing, strength, and renewal to our souls. This gift is for all of us at every stage of our journey in life. Best of all, Christ promises everlasting life in heaven with Him for those who believe and

follow Him. May we all be grateful and treasure this incredible gift of the Eucharist that we have been given.

Reflect & Discuss:

- † Do you embrace the Eucharist as Christ's true Body, Blood, Soul, and Divinity?
- † Are there any other Church teachings that you struggle with? If so, will you commit to seek out the Church’s wisdom with patience and trust – and the help of the Holy Spirit – in order to increase your understanding?
- † What does it mean to experience the presence of Jesus in the Eucharist?
- † What are the fruits of going to Adoration of the Blessed Sacrament?