

August 11th 2024 19th Sunday of Ordinary Time Year B John 6:41-51

⁶⁻⁴¹ Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' ⁴²They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' ⁴³Jesus answered them, 'Do not complain among yourselves. ⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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Today's gospel shows Jesus disputing with those who (understandably) cannot understand his claim to be flesh that is eaten for eternal life. How can he be saying these things after all we know his family. He is a local and just an ordinary person in their eyes. Jesus asks them to look beyond that same ordinary reality and recognise two things: a) that the meeting with him is not by chance but by God's grace; and b) that it is a meeting that has great significance, not merely here and now but for all eternity. The Christian community is the Body of Christ. St. Paul asks us to stop moaning and 'be friends'. In the Body of Christ gathered around his table we become friends with God and with one another. We cannot reason our way into faith. We have to be 'drawn by the Father'. We have to be 'taught by God'.

What helps to open your mind and heart to God's message?

Prayer:

Thank You Lord for the gift of conversion when we understood life for the first time. We understood then, what was written in the prophets. 'They will all be taught by God'.

Forgive us Lord for the times when we put negative labels on people as the Jews did to Jesus. This prevents us from seeing their goodness and the gifts they are offering to us. .

Help us Lord to reflect Jesus as he put the human face on God and God's love and be the means of bringing this love to one another.