

August 18th 2024 20th Sunday of Ordinary Time Year B John 6:51-58

⁶⁻⁵¹ I 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.'

⁵² The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' ⁵³ So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴ Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵ for my flesh is true food and my blood is true drink. ⁵⁶ Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷ Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸ This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

<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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In today's gospel Jesus gives the people a teaching based on their experience of the miraculous feeding for the third time. In the two previous passages Jesus presented himself as 'bread came down from heaven'. In this one 'he gives them his flesh to eat and his blood to drink'. He tells them that he gives himself totally, every part of his being is at their service. He is inviting us to 'have his spirit coursing through us', so that each one can know his love. He wants us to unite our weakness and suffering with his so that we can experience his strength and his courage.

Who are the people who support your faith and help you draw life from Jesus?

Prayer:

Thank You Lord for the people who with their strong faith have been able to draw us close to Jesus especially in our times of difficulty when we found it hard to believe that Jesus is always there for us.

Forgive us Lord for the times we are too busy to appreciate the great gift of the Eucharist when we receive the Body and Blood of Jesus where He invites us into a deep union with Him.

Help us Lord to be silent and not talk too much especially after receiving Jesus in the Eucharist when we pray so that we may become conscious of Jesus present within us.

