

August 4th 2024 18th Sunday of Ordinary Time Year B John 6:24-35

⁶⁻²⁴ So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

²⁵ When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' ²⁶ Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷ Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' ²⁸ Then they said to him, 'What must we do to perform the works of God?' ²⁹ Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' ³⁰ So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing?' ³¹ Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ³² Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³ For the bread of God is that which comes down from heaven and gives life to the world.' ³⁴ They said to him, 'Sir, give us this bread always.'

³⁵ Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

<p>➤ Read and re-read – out loud and slowly the Gospel.</p> <p>➤ Meditate - on reading as being spoken to you, an experience in your life.</p>	<p>➤ Pray - Thanksgiving – Repentance – Petition.</p> <p>➤ Action – Attitude (Call to change / to act /to do).</p>
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In this week's gospel we learn the form of spiritual journeys that Jesus encourages the people to take. He wants them to move from looking to him for material food to looking for something more spiritual. He invites them not to put all their security in humanity but to put their trust in God.

How do I live my life as a Christian? Am I focused on where God is leading me?

Prayer:

Thank You Lord for all those who have been a source of life to us. They reflect the actions of Jesus who came down from heaven to give life to the World. He calls on each one of us to be a source of life to others.

Forgive us Lord for the times we let ourselves get lost in the wilderness of life rather than take time for reflection and contemplation where we will learn with Gods help the Way he is leading us.

Help us Lord as Christians to live as the Body of Christ and in doing so experience his presence in the bodies of others.