

## Lectio Divina

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| <ul style="list-style-type: none"><li>➤ <b>Read and re-read</b> – out loud and slowly the Gospel</li><li>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</li></ul> | <ul style="list-style-type: none"><li>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</li><li>➤ <b>Action</b> – Attitude (Call to change / to act /to do)</li></ul> |
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### August 8<sup>th</sup> 2021 19<sup>th</sup> Sunday of Ordinary Time – Year B – John 6: 41 - 45

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.

**Lord help us** 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.

