

18th Sunday in Ordinary Time

August 4, 2024: Ex 16:2-4,12-15 | Ps 78:3-4,23-25,54 | Eph 4:17,20-24 | Jn 6:24-35

Pray: Heavenly Father, thank you for giving us the gift of Jesus, the bread of heaven. Amen.

Christ nourishes our hungry and thirsty souls with His own Body and Blood.

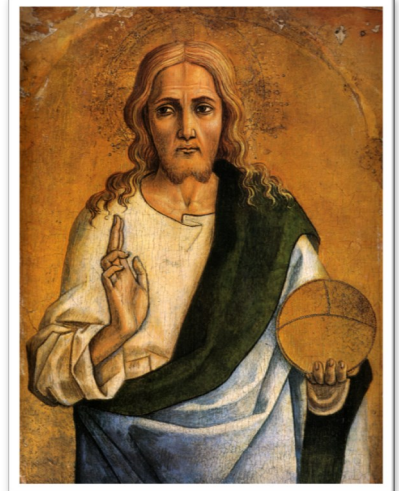
Jesus loved using simple examples to teach about Himself, the way to holiness, and about heaven. He knew everyone would understand the natural experience of hunger and thirst for food and drink and how it affects people's lives. A baby cries when it is time to nurse. Children get fussy before dinnertime... sometimes adults do, too! Students and workers who do not eat breakfast might notice that their concentration and work performance suffer. Those who go shopping on an empty stomach tend to make unhealthy choices and do more impulse buying.

Hunger can affect mental health and cognitive abilities, causing fatigue, depression, and irritability. On the other hand, those who maintain a healthy, balanced diet on a regular schedule feel better, have more energy, lead more active lives, have fewer diseases, have happier moods, and usually live longer lives.

Beyond hunger and thirst for food and drink, many naturally crave other things that can shape their lives for the good or the bad. Some have a strong desire for acceptance, popularity, power, control, pleasure, or wealth. These powerful forces of hunger can destroy us through things like obsessive gambling, drugs, alcohol, sex, and other addictions.

Jesus sought to help the crowds following Him to

Capernaum make a new spiritual connection to satisfy their hungry hearts and souls. He wanted them to understand the real meaning behind the manna in the desert and the miracle of the loaves and fishes. The Father had sent Him to nourish our souls as heavenly food. His wholesome grace would give us the power to avoid temptations, satisfy our unhealthy passions, and draw us to holiness.



Christ is the Bread of Life sent from God to feed their souls and ours. It is a gift of the Father to draw believers to Jesus. All that is required is that we truly believe that He is the Son of God and follow Him and His teachings with our whole hearts and lives. We must sincerely believe in and receive the gift of His Body, Blood, Soul, and Divinity in the Holy Eucharist. This holy food for our souls will nourish us in faith, hope, and love and lead us to eternal life.

Reflect & Discuss:

- † Are you hungry for Jesus in your life, or do you hunger for something else?
- † How is the True Presence of Jesus in the Eucharist transforming your life in Communion with Him?
- † How does receiving Christ in the Holy Eucharist help us in today's challenging world?