



Daily Reflections

August 19, 2018

Scripture

John 6: 51-58

Jesus said to the crowds:

"I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give
is my flesh for the life of the world."

The Jews quarreled among themselves, saying,
"How can this man give us his flesh to eat?"

Jesus said to them,

"Amen, amen, I say to you,
unless you eat the flesh of the Son of Man and drink his blood,
you do not have life within you.

Whoever eats my flesh and drinks my blood
has eternal life,
and I will raise him on the last day.

For my flesh is true food,
and my blood is true drink.

Whoever eats my flesh and drinks my blood
remains in me and I in him.

Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.

This is the bread that came down from heaven.
Unlike your ancestors who ate and still died,
whoever eats this bread will live forever."

Our Scripture Reflection

The Jews listening to Jesus are repulsed by His language. The word He uses when He says, "eat my flesh" is a very strong word. "Trogein" means to gnaw, to chew. The word smacked of cannibalism to them! Jesus does not mince His words. He is talking about His "Eucharistic flesh or Presence" which will become available to those who believe after His Death and Resurrection. His Body and Blood will give eternal life to all those who receive it with true faith.

Food for your Journey

In the agrarian culture of first-century Jews, having bread was essential to survival. There was no endless supply of bread (in dozens of varieties) available at the local market. Simply put: without bread, there was no life. Even today, almost everything we eat comes from something else that has died. Dead animals provide us with meat. Dead wheat gives us bread. Vegetables come from dead plants. When we see how other life dies that we may live, Jesus' words take on a new meaning.

--Trevin Wax, "How is Jesus the 'Living Bread'?" Kingdom People, January 22, 2007.

A Prayer from the Heart

Dear Jesus, You are my Lord and Savior, You are the Bread of Life. Through Your Death and Resurrection You left us the gift of Your very Presence in the Holy Eucharist. May my gratitude for Your precious gift motivate me to live what I believe about You with Joy. Amen