



Daily Reflections

May 9, 2019

Scripture

John 6: 44-51

Jesus said to the crowds:

"No one can come to me unless the Father who sent me draw him,
and I will raise him on the last day.

It is written in the prophets:

They shall all be taught by God.

Everyone who listens to my Father and learns from him comes to me.

Not that anyone has seen the Father

except the one who is from God;

he has seen the Father.

Amen, amen, I say to you,

whoever believes has eternal life.

I am the bread of life.

Your ancestors ate the manna in the desert, but they died;

this is the bread that comes down from heaven

so that one may eat it and not die.

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."

Our Scripture Reflection

No, it cannot be demonstrated through a scientific formula or the use of technology, but many people walk around hungry, but not for food or stuff. It has been called by the great saints throughout history an "inner longing" or "inner loneliness." It's that feeling when you are surrounded by people in a crowd but still feel empty. You may have all you want materially but still feel a nagging desire for something or perhaps, Someone. Jesus tells us that the hunger we feel is for Him alone. Dare we move beyond the stuff to seek and find Him?

Food for your Journey

For some, it's part of the adventure of visiting a Costco, Sam's Club or similar warehouse store: the tiny plastic cups or plates containing free samples. Sure, those samples taste good, but they're just one tantalizing bite. Maybe the store employee will honor your request for a second helping, but that's probably the limit. You could never make a meal out of samples like those, not even if you made the rounds of every sampling station.

Jesus promises that those who come to him "will never be hungry." The bread of life is surely more than a mere sample.

A Prayer from the Heart

Dear God, As the great Saint August once prayed, " My heart will always be restless until it rests in Thee." May I grow beyond the stuff that never satisfies and seek You and Your love. Amen