



Daily Reflections

May 10, 2019

Scripture

John 6: 52-59

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."
These things he said while teaching in the synagogue in Capernaum.

Our Scripture Reflection

Jesus uses bread to illustrate His teaching on the need for His Presence in one's life. As bread was a staple, a basic food that prevented starvation, so it is with the One Who is the Bread of Life. We cannot live without Him.

Jesus gives life, sustains life and leads us to the life that never ends.

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. <http://thegospelcoalition.org>.

A Prayer from the Heart

Dear God, So often I live my life as though everything depends upon me. And even though I must work and act in order to provide the material things I need, ultimately, my true need is for Your love. Fill me up with Your Presence, Lord. Amen