



Lord Jesus, Nourish Us...

“I am the Bread of Life”

¹³In the evening, **quail**^c came up and covered the camp. In the morning there was a layer of dew all about the camp, ¹⁴and when the layer of dew evaporated, fine **flakes** were on the surface of the wilderness, fine **flakes** like hoarfrost on the ground. ¹⁵On seeing it, the Israelites asked one another, “What is this?”^{*} for they did not know what it was. But Moses told them, “It is the **bread** which the LORD has given you to eat.”^d

THE FOCUS: The Daily Bread and Meat

I. A LOOK AT THE THREE READINGS

FIRST READING (Ex 16:2-4, 12-15)

²Here in the wilderness the whole Israelite community grumbled against Moses and Aaron. ³The Israelites said to them, “If only we had died at the LORD’s hand in the land of Egypt, as we sat by our kettles of **meat** and ate our fill of **bread**! But you have led us into this wilderness to make this whole assembly die of famine!”⁴Then the LORD said to Moses: “I am going to rain down **bread** from heaven^{*} for you. Each day the people are to go out and gather their **daily portion**; thus will I test them, to see whether they follow my instructions or not. ¹²I have heard the grumbling of the Israelites. Tell them: In the evening twilight you will eat **meat**, and in the morning you will have your fill of **bread**, and then you will know that I, the LORD, am your God.

REFLECTIONS

Despite the grumbling of the Israelites in the Wilderness, YHWH Adonai (LORD God) still gave them bread and meat. God’s kindness is not dependent on the actuations (whether good or bad) of the people.

RESPONSORIAL PSALM (Ps 78:3-4, 24)

THE LORD GAVE THEM BREAD
FROM HEAVEN.

SECOND READING (Eph 4:17, 20-24)

^{17*} “So I declare and testify in the Lord that you must no longer live as the Gentiles do, in the futility of their minds; ²⁰That is not how you learned Christ, ²¹assuming that you have heard of him and were taught in him, as truth

is in Jesus, ^{22q}that you should put away the old self of your former way of life, corrupted through deceitful desires, ^{23r}and be **renewed** in the spirit of your minds, ^{24s}and put on* the **new** self, created in God's way in righteousness and holiness of truth.

THE FOCUS: The Renewal of the Self

REFLECTIONS

The action of putting on the new self created in God's way shows that the salvation we have won in Christ totally comes from God, and so we have to treasure this and live up to the demands of being saved people.

GOSPEL READING (Jn 6:24-35)

²⁴When the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus. ²⁵And when they found him across the sea they said to him, "Rabbi, when did you get here?" ²⁶Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw **signs** but because you ate the loaves and were filled. ²⁷Do not work for **food** that perishes but for the **food** that endures for eternal life,* which the Son of Man will give you. For on him the Father, God, has set his seal." ²⁸So they said to him, "What can we do to accomplish the works of God?" ²⁹Jesus answered and said to them, "This is the work of God, that you believe in the one he sent." ^{30m}So they said to him, "What **sign** can you do, that we may see and believe in you? What can you do? ^{31*} "Our ancestors ate **manna** in the desert, as it is written:

'He gave them **bread** from heaven to eat.'"

^{32o}So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the **bread** from heaven; my Father gives you the true **bread** from heaven. ^{33p}For the **bread** of

God is that which comes down from heaven and gives life to the world."

^{34q}So they said to him, "Sir, give us this **bread** always." ^{35*}Jesus said to them, "I am the **bread of life**; whoever comes to me will never hunger, and whoever believes in me will never thirst.

THE FOCUS: Jesus Signifies the Bread of Life

REFLECTIONS

John deliberately mentions the manna, the Israelites ate in the wilderness, to highlight the unlimited generosity of God sending bread from heaven. And now there is another Bread who has come down from heaven. And Jesus assures them; they will never be hungry again.

II. TYING THE THREE READINGS TOGETHER TO DEVELOP YOUR HOMILY/SHARING

Everyday, YHWH sends bread and meat to the Israelites in the desert, while they were earning hard their bread and meat in Egypt before (First Reading). The Gospel Reading shows Jesus who does not just give temporary satisfaction after the meal fellowship but even promised the Word and Bread that give eternal life. Thus the Second Reading challenges us that as we have realized how Christ has saved us and has earned for us a place in the bosom of God, we have to keep on living righteous and holy lives by becoming bread to others as well.

III. OUR CONTEXT

As we celebrate St. John Vianney Sunday today, we pray that more seminarians heed to the priestly calling!

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