



August 12, 2018 Nineteenth Sunday in Ordinary Time Lectionary: 116 Gospel [JN 6:41-51](#)

The Jews murmured about Jesus because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" Jesus answered and said to them, "Stop murmuring among yourselves. 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."



Spiritual Reflection:

"The word "Eucharist" means literally "act of thanksgiving." To celebrate the Eucharist and to live a Eucharistic life has everything to do with gratitude. Living Eucharistically is living life as a gift, a gift for which one is grateful. But gratitude is not the most obvious response to life, certainly not when we experience life as a series of losses! Still, the great mystery we celebrate in the Eucharist and live in a Eucharistic life is precisely that through mourning our losses we come to know life as a gift." - — [Henri J.M. Nouwen](#).

Spiritual Questions:

1. How does thanksgiving play an important part in any relationship?
2. How does the Eucharist help us see life as a gift?
3. How does the Eucharist fulfil His promises "flesh for the life of the world."
4. How is Jesus the Bread of Life?
5. What is the Eucharist to you?