

APRIL 27, 2020  
Monday of the 3<sup>rd</sup> Week of Easter  
John 6: 22-29

“OUR HEARTS ARE RESTLESS UNTIL THEY REST IN YOU!”

In this modern time, how do we measure our wealth and possessions? Do we measure them with how much do we have, or the house, cars, gadgets that we are in? What makes us happy and what do we most hunger for?

Jesus referred this question in our gospel for today, with those who pursued Him after He performed the miracle of the feeding of the five thousand people. “So, when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.”<sup>1</sup>

They were looking for Jesus because they wanted more to satisfy their physical hunger not to listen to His Words and follow His way of life, which He can only give.

So, the gospel is teaching us and let us reflect on this: Only in God that we can find satisfaction to our deepest hunger – the hunger for truth, for life, for peace, for healing, and for love. Let us approach Him with such longing and we will find rest that we are looking for. As St. Augustine said, “You have made us for yourself, O Lord, and our hearts are restless until they rest in You!” (*Confessions*).<sup>2</sup>

Also, when the people ask Him about what works of God that they must do, Jesus answered: “This is the work of God, that you believe in him whom he has sent.”<sup>3</sup> It means that we need to believe in Jesus Christ who alone can satisfy us now and forever. “Jesus offers a new relationship with God which issues in a new kind of life: A life of love and

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<sup>1</sup> John 6: 24 NRSV Catholic Bible Press USA

<sup>2</sup> sjnews.org

<sup>3</sup> John 6: 29 NRSV Catholic Bible Press USA

service, and the forgiveness of others which corresponds to God's mercy and kindness; a life of holiness and purity which corresponds to God's holiness; and a life of submission and trust which corresponds to the wisdom of God. This is the work which Jesus directs us to and enables us to perform in the power of the Holy Spirit.<sup>4</sup>

My sisters and brothers, only God can satisfy our longings, our hunger, so ask Him and He will bring us to greener pasture like a shepherd to his sheep. Only in Jesus that we can find the true happiness and satisfaction that we want to attain. Don't rely on things that will perish, pass away or go away. Rely on Jesus, He will never pass away, He will never leave us alone, He is with us forever. Amen.

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<sup>4</sup> [servantsoftheword.org](http://servantsoftheword.org)