

AUGUST 1, 2021  
Sunday of the 18<sup>th</sup> Week in Ordinary Time  
John 6: 24-35

“JESUS, MY BREAD OF LIFE.”

“St. Thomas Becket lived in England in the 1200s. He was best friends with King Henry II: they both were selfish, self-indulgent, and power-hungry. They drank together, debauched together, and conspired together. Then King Henry got the idea of appointing Becket to be the Archbishop of Canterbury. Henry thought that having his best friend occupy the highest Church position in the land would give him a chance to control the Church and squeeze money out of it. But when Thomas Becket was ordained, God’s grace touched his heart, and he began to see the folly of living just for earthly goals. He sold his considerable property and gave the money to the poor, stopped his loose living, and dedicated himself to serving Christ and the Church with all his energy and talent. The King wasn’t pleased and ended up having his former best friend murdered during Mass in the Cathedral. St. Thomas Becket sought and found Jesus, the bread of everlasting life. Becket traded in temporary earthly glory for a martyr’s eternal crown – and you can rest assured that he has no regrets.”<sup>1</sup>

My sisters and brothers, bread or foods are essential for us to live and continue living. Sometimes we are particular for the foods we partake for our good health. In our First Reading, the people of Israel were hungry and they complained and told Moses and Aaron that “you have brought us out into this wilderness to kill this whole assembly with hunger.”<sup>2</sup> The Lord heard them and said to Moses: “I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. The house of Israel called it manna.”<sup>3</sup> God satisfied the people’s physical hunger in the desert by

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<sup>1</sup> <http://frtonyshomilies.com>

<sup>2</sup> Exodus 16: 3 Holy Bible NRSVCE Canadian Bible Society

<sup>3</sup> Exodus 16: 4, 31a Holy Bible NRSVCE Canadian Bible Society

giving them quail and bread called manna. But the Lord gave restrictions in the collection of manna, that is, just gather enough for a day. Our First Reading is reminding us that we must humbly put our total dependence on God and that He will always provide for our need everyday. Our Responsorial Psalm focusses on the provisions of the Lord that He will always give manna, the heavenly bread and the bread of angels for those who hunger for Him as He provided Israel in their journey and for us in our own spiritual journey. While in our Second Reading from the Letter to the Ephesians, St. Paul advises them to fulfill their spiritual hunger by avoiding evil, renewing and transforming their lives from evil ways and lived a life of love, humility, kindness and forgiveness. St. Paul reiterated the importance of clothing oneself “with the New Man, created according to the likeness of God in true righteousness and holiness.”<sup>4</sup>

In today’s Gospel passage, the Bread of Life Discourse, Jesus stated and claimed: “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty,”<sup>5</sup> a bold statement of offering Himself to those who have faith to receive the Bread of eternal life.

My sisters and brothers, how we can be nourish by this Bread of Life, Jesus Himself? “We need spiritual nourishment from the word of God and from the Holy Eucharist: In the Holy Mass, the Church offers us two types of bread: a) the Bread of Life, contained in God’s Word and b) the Bread of Life, contained in the Holy Eucharist. Unfortunately, many of us come to Mass every week only to present on the altar our earthly needs without accepting spiritual nourishment by properly receiving both God’s Word and the Holy Eucharist. Let us nourish our souls with this Heavenly manna and carry Jesus to our homes and workplaces, radiating Jesus’ love, mercy and compassion all around us. It is perhaps the plainness and ordinariness of the consecrated Bread and

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<sup>4</sup> Ephesians 4: 24 Holy Bible NRSVCE Canadian Bible Society

<sup>5</sup> John 6: 35 Holy Bible NRSVCE Canadian Bible Society

Wine and their easy availability in our Churches that can sometimes prevent some of us from appreciating the great gift of God in the Holy Eucharist. But we should not take ‘for granted’ the Divine generosity with which God provides these Gifts, both readily and gratuitously, by simply sharing in the Bread of Life automatically, without showing due preparation, attention, and proper respect. Let us remember that the Eucharist we celebrate and receive this day IS Jesus, the Bread of Life come down from Heaven. Let us ask our Lord, ‘Sir, give us this Bread always,’ and hear from Jesus the assurance, ‘Behold the Lamb of God. Behold the One Who takes away the sins of the world. Blessed are those who are called to the Supper of the Lamb.’”<sup>6</sup> Let us always listen attentively to the Word of God, receive Him in the Holy Communion, and share what we heard and received by living our life to the fullest. So, let us all be bread that nourishes our brothers and sisters through our kindness, service, forgiveness and love.

Let this be our prayer: “Lord Jesus Christ, You are my true food that came down from of Heaven to nourish and nurture me. I know that only You can satisfy my deepest longing and hunger of my heart. May I be satisfied in You alone and that satisfaction be reflected in my life so that others may see that only in You we can be fulfilled. Amen.”

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<sup>6</sup> <http://frtonyshomilies.com>