

EIGHTEENTH SUNDAY IN ORDINARY TIME
August 4, 2024

Gospel: (John 6:24-35)

Jesus said *“Do 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.”* So they said to him, *“What can we do to accomplish the works of God?”* Jesus answered, *“This is the work of God, that you believe in the one he sent.” ... “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.”*

Reflection:

If Jesus is the bread from heaven given for us and we are the body of Christ, then we must conclude that we ourselves are to be bread from heaven that fosters eternal life for others. Jesus gives himself as bread from heaven. We give ourselves to others, as bread from heaven, when we confirm our belief by means of the everyday actions we do. Treating another as the body of Christ is believing. Taking time to be in touch with our spiritual needs is believing. Reaching out in compassion to others is believing. Self-giving is believing. (Living Liturgy, p.182)

Vincenzian Meditation:

In your ministry, as St. Vincent says, first do and then teach. As a follower of Christ, a servant of the poor, you will touch the hearts of God’s people especially when you give vibrant witness:

- through the language of works, performing the works of justice and mercy: feeding the hungry, giving drink to the thirsty, helping to find the cause of their hunger and thirst and the ways of alleviating them;
- through the language of words, announcing with deep conviction the Lord’s presence, his love, his offer of forgiveness and acceptance to all;
- through the language of relationships, being *with* the poor, working *with* them, forming a community that shows the Lord’s love for all. (Maloney, *He Hears the Cry of the Poor*, p165)

Discussion: (*Share your thoughts on the readings after a moment of silence*)

How do we give ourselves to others as bread from heaven ...in works, words and relationships?

Closing Prayer:

Lord, set our hearts on fire with compassion for the poor,
-so that we may witness to your love through our works.
Lord, fill us with your love and forgiveness,
-so that we may give ourselves to others as bread from heaven.
Lord, give us the grace to create communities of faith,
-so that we may *be with* and *work with* those who are poor.
Amen



*Whoever
comes to me
will never
be hungry.*

Jn 6:35