

## Here's a text if you've only a minute ...

- You are my rescuer, my help. (Entrance Antiphon)
- Now I will rain down bread for you from the heavens. (Exodus 16:4)
- The Lord gave them bread from heaven (Psalm 77/78; 24)
- Your mind must be renewed by a spiritual revolution. (Ephesians 4:24)
- We do not live on bread alone but on every word that comes from the mouth of God. (Gospel Acclamation)
- Whoever comes to me will never be hungry. (Gospel)
- God our Father, gifts without measure flow from your goodness to bring us your peace. Our life is your gift. Guide our life's journey, for only your love makes us whole. Keep us strong in your love. (Old Opening Prayer)



18th Sunday in  
Ordinary Time Year B  
2nd August 2015

## “I am the bread of life“

In the first reading, from the book of **Exodus**, the Israelites grumble about the lack of food. **God sends them bread from heaven.** This is a reminder that life is a gift sustained by God.

The phrase “**The Lord gave them bread from heaven**” is used as the refrain for the **Responsorial Psalm.**

The **letter to the Ephesians** is an encouragement to focus on the **spiritual life** rather than on illusory desires that come from living an aimless life.

In the Gospel, Jesus tells the disciples that they should not work for food that cannot last. He corrects their misunderstanding that Moses had given their ancestors manna by explaining that it was **God who had sent them bread from heaven** before; and now Jesus himself has been sent by God: “**I am the bread of life**”.

This week's readings:  
Exodus 16: 2-15; Psalm 77/78; Ephesians 4: 17, 20-24; John 6 :24-35



How  
does this  
image  
help me  
in my  
prayer?

Is there someone with whom it may be helpful  
to share my reflections this week?

ST. BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

### The Collect

Draw near to your servants, O Lord, and answer their prayers with unceasing kindness, that for those who glory in you as their creator and guide, you may restore what you have created and keep safe what you have restored.

**Responsorial Psalm: Ps. 77/78:3-4, 23-25, 54. Response v 24**

1. The things we have heard and understood,  
The things our ancestors have told us,  
We will tell to the next generation:  
The glories of the Lord and his might. R./
2. He commanded the clouds above  
And opened the gates of heaven.  
He rained down manna for their food ,  
And gave them bread from heaven. R./
3. Mere men ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
To the mountain which his right hand had won. R./

**The verses are taken from a long psalm which recounts how past generations did not respond to God's gifts. Future generations must be taught this, and invited to trust that God is able to intervene in new ways .**

I might like to begin praying this psalm with a moment of gratitude for God's gifts to me.

I read the psalm slowly, remembering that Jesus probably prayed this psalm. Would he have wondered what part of the story he must pass on? Would he have wanted to accentuate God breaking into history in a new way?  
What might he have said to God, his Father?  
What do I want to say?

I finish my prayer with an Our Father.  
Perhaps I may linger on the words "Give us today our daily bread and forgive us our trespasses "

**The Gospel: John 6:24-35**

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered: 'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. **Do not work for food that cannot last, but work for food that endures to eternal life**, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal. 'Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, '**This is working for God: you must believe in the one he has sent!**'. So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat'. Jesus answered: 'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world'. 'Sir,' they said 'give us that bread always.' Jesus answered: '**I am the bread of life**. He who comes to me will never be hungry; he who believes in me will never thirst.'"

I take a few moments to become still. When I am ready, I read the text to get a sense of the scene.

Where would I put myself? How close am I to Jesus? What is my attitude? Am I curious, a bit tired of the whole thing , sceptical, thinking of making a commitment, needing some proof ....?

What questions would I want to ask before I am ready to believe ?

Does the passage remind me of another more individual encounter and conversation with Jesus? Maybe I can have my own personal conversation where I can ask what Jesus means by "I am the bread of life"

When I am ready I slowly close my prayer with a sign of the cross.