

GOSPEL: (Jn 6:24-35)

Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus.

When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?” Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.” Then they asked him, “What must we do to do the works God requires?”

Jesus answered, “The work of God is this: to believe in the one he has sent.”

So they asked him, “What sign then will you give that we may see it and believe you? What will you do? Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’ Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world.”

“Sir,” they said, “always give us this bread.”

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

ST. FAUSTINA NOTED IN HER DIARY (D. 195, 814)

Today, I only received Holy Communion and stayed for a few moments of the Mass. All my strength is in You, O Living Bread. It would be difficult for me to live through the day if I did.

Throughout the long hours I adore You, O living Bread, amidst the great drought in my soul. O Jesus, pure Love, I do not need consolations; I am nourished by Your will, O Mighty One! Your will is the goal of my existence.

- ➔ Jesus invites me to an intimate relationship with Himself in Holy Communion. Can I, together with St. Faustina, confess: All my strength is in You, Living Bread ...?
- ➔ « Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.» ... Do I really TRUST these words of Jesus?
- ➔ This week and especially today I will ask Jesus for the grace of living faith in His Eucharistic Presence.