

GOSPEL: (Jn 6:41-51)

At this the Jews there began to grumble about him because he said, "I am the bread that came down from heaven." They said, "Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I came down from heaven'?"

"Stop grumbling among yourselves," Jesus answered. "No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. It is written in the Prophets: 'They will all be taught by God.'^[a] Everyone who has heard the Father and learned from him comes to me. No one has seen the Father except the one who is from God; only he has seen the Father. Very truly I tell you, the one who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

ST. FAUSTINA NOTED IN HER DIARY (D. 367, 1135)

My Heart overflows with great mercy for souls, and especially for poor sinners. If only they could understand that I am the best of Fathers to them and that it is for them that the Blood and Water flowed from My Heart as from a fount overflowing with mercy.

This deeper knowledge of God gives me full liberty and spiritual freedom, and nothing can disturb my close union with Him, not even the angelic powers. I feel that I am great when I am united to God. What happiness it is to have the consciousness of God in one's heart and to live in close intimacy with Him.

- ➔ Today Jesus tells me about the Father who Himself drew me to His beloved Son so that I might have life, eternal life.
- ➔ Do I turn to God the Father in my prayers and thank Him for His inconceivable merciful love for me?
- ➔ This week I will try to pray for the grace of understanding that God is the best Father for me.