

GOSPEL: (Jn 6:60-69)

Many of Jesus' disciples who were listening said, "This saying is hard; who can accept it?" Since Jesus knew that his disciples were murmuring about this, he said to them, does this shock you? What if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are Spirit and life. But there are some of you who do not believe."

Jesus knew from the beginning the ones who would not believe and the one who would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted him by my Father." As a result of this, many of his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, "Do you also want to leave?" Simon Peter answered him, "Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God."

ST. FAUSTINA NOTED IN HER DIARY (D. 156)

Today, Once, I desired very much to receive Holy Communion, but I had a certain doubt, and I did not go. I suffered greatly because of this. It seemed to me that my heart would burst from the pain. When I set about my work, my heart full of bitterness, Jesus suddenly stood by me and said, My daughter, do not omit Holy Communion unless you know well that your fall was serious; apart from this, no doubt must stop you from uniting yourself with Me in the mystery of My love. Your minor faults will disappear in My love like a piece of straw thrown into a great furnace. Know that you grieve Me much when you fail to receive Me in Holy Communion.

- ➔ Saint Faustina is for us a great model of living faith and ardent love for Eucharistic Jesus. Am I asking the Holy Spirit to kindle an ever greater love for the Eucharist in my heart?
- ➔ Today Jesus says to me: ***Your minor faults will disappear in My love like a piece of straw thrown into a great furnace.*** Do I trust in His assurance?

➔ ***Know that you grieve Me much when you fail to receive Me in Holy Communion.***

Do I not grieve Jesus by omitting Holy Communion?