



Scripture nugget - Blessed are those who are not scandalized in me (cf. Luke 7:23)

"I am the Living Bread that came down from heaven; whoever eats this Bread will live forever; and the Bread that I will give is My Flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this Man give us [His] flesh to eat?" Then many of His disciples who were listening said, "This saying is hard; who can accept it?" 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." (John 6:51-52, 60, 66, 67-69).

Jesus's teaching on the Bread of Life, the Eucharist scandalized many Jews (cf. John 6:60, 66). Jesus said: *I am the Living Bread that came down from heaven; whoever eats this Bread will live forever; and the Bread that I will give is My Flesh for the life of the world (John 6:51).* Jesus was teaching this in a synagogue in Capernaum, preparing the hearts of His disciples for His institution of the Holy Eucharist at the Last Supper. Preceding and preparing for this important teaching on the Bread of Life were the important miracles of the multiplication of loaves to feed thousands of people (cf. Luke 9:10-17, Matthew 14:13-21, John 6:1-13, Mark 8:1-10) and the walking on the water (cf. Matthew 14:22-36, Mark 6:45-56, John 6:16-21) – miracles that only God can do. The miracle of the multiplication of the loaves is the only one besides that of the resurrection that is recorded in all four gospels. The miracle of Jesus's walking on the water was recorded in three of the gospels. In this incident, Jesus proved Himself to be in command of the elements, something that only God can do. He revealed this truth to His disciples who recognized His divinity and responded with a confession of faith in Jesus as Son of God and their worship of Him (cf. Matthew 14:33).

Faith, trust and docility are needed to recognize Christ for Who He really is, believe in and accept Him and His divine teachings. Jesus is a good teacher and caring father. He always foretold and explained in advance of an important event that was going to happen e.g. the institution of the Holy Eucharist at the Last Supper, His crucifixion and resurrection. The transfiguration of Himself and the manifestation of the Heavenly Father in the form of a cloud and voice prepare the hearts of the disciples to withstand the scandal of Christ's shameful death on the Cross of crucifixion. At crux of the issue is the lack of faith of the ancient Jews resulting in the failure to recognize Jesus for Who He really is (Mt 16:13-14) despite Jesus's miraculous signs and wonders that only God can bring about. They fail to recognize the Son of God, to understand God's ways and the power of His love; thus, falling into the temptation of judging Jesus with human criteria and scandalizing themselves.

Conversation with Jesus: Precious Lord, please give me the steadfast faith and docility of Your Apostles so that Your divine teachings will never become a stumbling block for me. Teach me Your ways and never let me use human criteria to judge You or Your teachings for as soon as I do this, I stand on the shaky ground of error and sin. Give to all believers a lively and great love for Your most wondrous gift - the Holy Eucharist, in attending daily Holy Mass and frequent Eucharistic Adoration with ardent love and reverence. Give to all of us a great faith in Your Real Presence in the Holy Eucharist, the source and summit of Christian life (cf. CCC 1324). Mary, Mother of the Blessed Sacrament, pray for me. Thank You, Jesus. Praise You, Jesus.