

Scripture Reading

A Reading of the Gospel according to John (John 6:51-56)

Jesus said to the Jews: "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." Then the Jews began to argue sharply among themselves, "How can this Man give us His flesh to eat?" Jesus said to them, "Very truly I tell you, unless you eat the Flesh of the Son of Man and drink His Blood, you have no life in you. Whoever eats My Flesh and drinks My Blood has eternal life, and I will raise them up at the last day. For My Flesh is real food and My Blood is real drink. Whoever eats My Flesh and drinks My Blood remains in Me, and I in them." The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection – The Eucharistic Lord, our Heavenly Healer

I have eagerly desired to eat this Passover with you before I suffer (Luke 22:15). The hearts of many of Jesus' followers are touched by what the Lord said before the Last Supper. At the offertory in Mass when hearts recalled what Jesus declared in the above-mentioned poignant line, their souls are drawn into the Spirit of sacrifice of Jesus, partaking in an ever deeper way the re-enactment of Christ's Sacrifice on Calvary. Through these revealing words of the Lord we can delve into the mind of Jesus at the time of the Last Supper. Though His arrest, immense suffering and agonizing death were to follow soon, Jesus did not dwell on these dark, crushing thoughts of the impending reality but instead was filled with joy at the prospect of bestowing His greatest gift to His followers: the gift of His Real Presence in the Holy Eucharist.

This bread is My Flesh which I will give for the life of the world (John 6:51). In the days preceding the Last Supper Jesus prepared the hearts and minds of His disciples for the Gift of gifts: the Holy Eucharist at the Last Supper. This was especially so in the miracle of multiplication of the loaves and fishes, the walking on the water and His discourse on the Bread of Life (Cf. John 6:22ff) in which He explained in simple terms, not in parables, that He is literally the living bread that comes down from heaven. As expected, some Jews disdained this divine teaching and walked away. Instead of calling them back, Jesus reiterated the truth: *Very truly I tell you, unless you eat the Flesh of the Son of Man and drink His Blood, you have no life in you. Whoever eats My Flesh and drinks My Blood has eternal life, and I will raise them up at the last day (John 6:53-54).*

Come to Me, all you who are weary and burdened, and I will give you rest (Matthew 11:28). When a child and his parent are pending separation for whatever reasons, the heart and mind of the parent will be filled with love and concern on how the child will fare on his own. It is more so with Jesus who knows His earthly life will be up shortly after the resurrection. He wants to be always present to His beloved ones. Jesus said to His disciples: *I will not leave you as orphans (John 14:18).* He knows that His loved ones will be subjected to many trials and difficulties; their hearts and minds will be scarred from painful experiences and memories leading to many broken lives. Thus Jesus says: *Come to Me, all you who are weary and burdened, and I will give you rest (Matthew 11:28).* Through His Real Presence in the Holy Eucharist, this promise of Jesus holds good even to this day and beyond. Jesus is awaiting in the Tabernacle day and night awaiting His loved ones to come and unload their burdens, pains and problems. Human lives are broken due to denial of love in the past unhappy experiences, and Jesus is awaiting to replace all brokenness with an ever flowing outpouring of His healing, divine love.

Jesus says: I am with you always, to the very end of the age (Matthew 28:20). Through the Eucharist Jesus fulfilled His promise to be always present to us. Not only is He present to us in His Spirit dwelling within us but also in Body, Blood, Soul and Divinity in the Holy Eucharist. True love is proven by sacrifice and how much time the lover is willing to spend with the beloved.

Conversation with Jesus

Precious Lord, You said You have come that I may have life, and have it to the full (Cf. John 10:10). With You at my side, I need not live a broken life. My past bad experiences, rejection and denial of love by people in my life need not have a hold over me anymore once You become the Master of my life. I eagerly await the next Mass when I will unite all my brokenness in body and spirit to the bread and wine during offertory so that You, my Heavenly Healer can take possession of them and offer them as Yours to our Heavenly Father during the Consecration. I know I will be renewed as all my brokenness will be replaced by Your healing love flowing to me from the Holy Eucharist. Mary, Mother of Salvation, pray for me. Thank You Jesus. Praise You Jesus. www.twohearts.hk