

Scripture Reading

A Reading of the Gospel According to John (John 6:52-59)

Jesus the Bread of Life

The Jews quarrelled among themselves, saying, "How can this man give us His Flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the Flesh of the Son of Man and drink His Blood, you do not have life within you. Whoever eats My Flesh and drinks My Blood has eternal life, and I will raise him on the last day. For My Flesh is true food, and My Blood is true drink. Whoever eats My Flesh and drinks My Blood remains in Me and I in him. Just as the living Father sent Me and I have life because of the Father, so also the one who feeds on Me will have life because of Me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever." These things He said while teaching in the synagogue in Capernaum. The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection ~ the Gift of Gifts ~ the Folly of God

I have loved you with an everlasting love (cf. Jeremiah 31:3). God is eternally in love with us! How this knowledge alone should sustain our love and faith in God through the storms and hurricanes in our lives. When we are in love, we constantly look for opportunities to see, hear, touch and speak with the loved one. When we leave the object of our love, we yearn for the next meeting. Absence from the presence of the loved one serves only to increase the yearning for her/his presence. The memory of the loved person is constantly in our mind and heart. God understands all these as He is the creator of the human heart and mind. He knows we need to see, to touch and to be in the presence of the loved one.

And so Almighty God stepped down from His majestic throne in heaven where He is adored by myriads and myriads of angels in unending glory and splendour. He emptied Himself of all His glory and majesty. He stooped down so low for His little children that He is even willing to become a little wafer so that His loved ones could see and feel Him! Jesus is truly present in the Eucharist present on the altar and in tabernacles in parishes throughout the world. Yet how many of us really take the time to adore and visit Him in the Blessed Sacrament?

But made himself nothing..(cf. Philippians 2:7). It is a very sad fact that Jesus is very much abandoned in the Blessed Sacrament in tabernacles in parishes throughout the world. Through careless neglect and the taking of our faith for granted, we have forgotten that our Lord is actually present in the tabernacle or we have not really contemplated this truth and understand it in our hearts. In making His Presence in such a little nothing as a piece of wafer, Jesus made Himself vulnerable to a multitude of grievous sins against His Person: indifference and abandonment in the Blessed Sacrament, sacrilegious Holy Communion made in a state of mortal sin, dishonour and abuses of the Blessed Sacrament by people of evil intent who act secretly. Jesus knows all these beforehand, and yet presents us with the gift of Himself in the Blessed Sacrament! How would we feel if we were in the place of Jesus, the prisoner of love? Let us take the time to contemplate this deep in our hearts.

Conversation with the Lord

Precious Lord, with all my heart, I thank You for the undeserved gift of Yourself in the Most Blessed Sacrament. With true love and repentance, I am sorry for taking this precious gift of Yours for granted. Please enlighten my poor heart on the depth of Your love for me. You are the object of my deepest desire for I know I am made only for You. Please enliven my love for You and help me to constantly seek You in Your Real Presence in the Most Blessed Sacrament. Help me never to take this precious gift for granted. Mother Mary, Protectress of the faith, please come to my aid always. Thank You Jesus. Praise You Jesus.