

August 02, 2015

18th Sunday in Ordinary Time

Do we understand the signs we see?

Exodus 16:2-4, 12-15

Psalm 78

Ephesians 4:17, 20-24

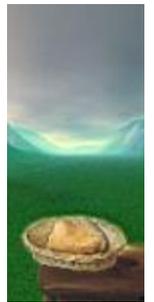
John 6:24-35

The people grumbled against Moses and Aaron because of their hunger but God told Moses they would have their fill: bread in the morning and meat in the evening. Quail covered the encampment in the evening while the morning dew evaporated and left them fine flakes that tasted like bread, "the bread that the Lord gave them to eat."

The Psalmist speaks of the glorious deeds of the Lord who rained down manna from heaven giving them heavenly bread. In abundance man ate the bread of angels, a glorious and wondrous deed of the Lord.

Paul encourages the brothers and sisters in faith to live according to the ways of truth learned through Jesus. The old self, the Gentile way, must be put aside along with their corruption and deceit so that they can be renewed in the spirit of their minds. The new self is created according to God's ways in righteousness and holiness of truth.

A large crowd continued to follow Jesus and he tells them to work for the food that endures, food that the Son can only give. When asked by the listeners as to how they can accomplish the works of God they are told to believe in him, the One who was sent. They are reminded of the manna their ancestors ate in the desert but are now enlightened that if they come to Jesus they will never hunger or thirst.



The Father brings us to life
In the Son, with the Son, through the Son,
Under the guidance of the Holy Spirit.

The crowds followed Jesus and he tells them they are doing so for the wrong reasons. They can only quench the spirit's thirst by seeking works that endure eternally, not by the ways of the world. We all need ears that we might truly hear, eyes that truly see, and a mind that can truly understand the ways of the Spirit.

A Meditation

Jesus, Son of the Highest God,
Grace us to forgive what we find most difficult to forgive,
Grant us humility when we take refuge in false pride.

Heal us of whatever we do not have the courage to face.
We reach out to you to be healed by your wounds, by your blood;
Place us in the power of your healing stream.

You are the light, illuminate the path we are to walk this day,
You are the Truth, by which we desire to live,
Pour out discernment on this life's journey
So that I may dwell in both inward and outward peace.

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