

**The Father draws us to the Son!**

I Kings 19:4-8

Psalm 34

Ephesians 4:30-5:2

John 6:41-51

Elijah despaired and prayed for death. After he fell asleep he was touched by an angel and told to get up and eat. He did so and fell asleep again. The angel repeated his actions and Elijah was so fortified by the food that he walked for forty days and nights to the mountain of God.

The Psalmist will bless and praise the Lord always. He sought the Lord in his prayers and was delivered from all of his fears. Now he asks us to glorify the Lord with him and extol the mighty name of God. When the afflicted man looks to the Lord he will be heard and saved from all distress.

Paul tells the faithful not to grieve the Holy Spirit for they were sealed and are to live a life of love. All are to remove bitterness, fury, anger, shouting, reviling, and malice; instead all are to be kind, compassionate, and forgiving to others as Christ is to us. Be imitators of Christ, says Paul.

Jesus emphasizes that he is "the bread come down from heaven." The Jews look at him as the son of Joseph and question his teachings. He tells them to stop murmuring and realize that no one can come to him except through the Father. The bread Jesus gives is his flesh for the life of the world.



The Father is the One  
Who draws us to the Son and  
The Holy Spirit guides us in grace.

The Gospel makes it clear that Jesus came into our world that we might have life to the fullest. One way this is done is that Jesus confers upon us goodness and truth while the grace of the Holy Spirit enables us to be rid of harsh words and malice. Elijah was relieved of his despair, the psalmist of his fears, and the Ephesians of their bitterness. Be kind, compassionate, and forgiving to others and these will in turn come back to you.

**Do I receive Christ with the reverence he should receive?**

*Noah, a just man labored a hundred years in building the ark so that he and a few others might be saved; and how can I in the space of one hour prepare myself to receive the Maker of the world with reverence?*

*Moses, the great servant of God, made an ark of incorruptible wood covered with gold that he might deposit the Law; and I a mere creature, shall I presume to receive You so easily, You who are the Maker of the Law and the Giver of Life?*

*Solomon in his great wisdom spent seven years in building a magnificent temple to praise your Name and for eight days he celebrated the feast of its dedication. He set the Ark of the Covenant in the place prepared for it, with sound of trumpet and rejoicing; and I a mere human how shall I bring you into the temple of my body, when I can hardly spend a half an hour devoutly?*

*How short a time do I spend preparing for Holy Communion!*

(Thomas of Kempis, Book 4, Chapter 1)

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