

**Give thanks always and for everything!**

Proverbs 9:1-6

Psalm 34:2-7

Ephesians 5:15-20

John 6:51-58

Wisdom sends out her messengers and calls the simple to her house with the seven columns. Learn to forsake foolishness that we may live and advance in the way of understanding.

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 invites us to glorify the Lord with him and extol the mighty name of God that we too may be radiant with joy.

Paul tells the brothers and sisters in Ephesia to watch carefully how they live. They are to be wise and not foolish, and not continue in ignorance because it is important, he says, to try and understand the will of the Lord. They are to continually seek the Spirit and address one another in psalms and songs singing and praying to the Lord in their hearts giving thanks always and for everything in the name of Jesus our Lord to God the Father.

Jesus emphasizes that he is "the living bread come down from heaven," and "this bread is his flesh for the life of the world." The Jews quarreled among themselves on how this can be possible but Jesus says clearly, "my flesh is true food, my blood true drink." Sent to us by the living Father, Jesus has life which is passed onto us through his body and blood and in return we are graced to live forever.

**Give thanks to God the Father  
through Jesus, our Lord,  
and be filled with the Holy Spirit.**

The Eucharist is a major factor in keeping us safe because this sacrament lessens our inclinations towards lesser sins and helps us from falling into more serious ones. Wisdom guides us away from the foolishness of worldly values that cater solely to pleasure and ignorance. Let us fill our souls with the food of God's word and receive the living bread from heaven in gratitude.

*Many people travel to sundry places to visit the shrines of the Saints as they desire to hear of their deeds, and see the magnificent buildings; they behold and venerate their bones framed in beauty and sometimes wrapped in silk and gold. Often such people are moved by curiosity and their interest in novelty, and return home with some small fruit of their desire for amendment.*

*But here in the sacrament of the Altar the Lord, my God, the Man Jesus Christ is present and when we receive Him devoutly and with reverence we reap the fruit of eternal salvation. It is not curiosity that draws us to Him, but a firm faith, a devout hope, and sincere desire and this surpasses all understanding.*

*It is most unfortunate that so many take little heed of this saving Mystery which rejoices heaven and preserves the whole world.*

(Excerpt from Thomas of Kempis, Imitations of Christ, Book 4, Chapter 2)

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