

August 26, 2018 21st Sunday in Ordinary time

Jesus is the "living bread" come down from heaven.

Joshua 24:1-2, 15-18

Psalms 34:2-3, 16-21

Ephesians 5:21-32

John 6:60-69

After gathering all the tribes of Israel, their elders, and their leaders Joshua and his household tell them that they will serve the Lord who performed many miracles before their very eyes and protected them on their journey through the desert; in turn the people also responded that they too will follow Joshua's example and serve the Lord and not forsake him.

The Psalmist blesses the Lord and his soul even glories in the Lord. The Lord has eyes for the just, hears them, and rescues them from their many troubles and the lowly will in turn join the psalmist's praises and be glad. Evildoers are confronted and their remembrance is destroyed but the Lord brings the brokenhearted and those crushed in spirit close to him.

Paul tells the brothers and sisters in Ephesia to be subordinate to one another. Men are to love their wives while wives are to be subordinate to their husbands just as the Church is subordinate to Christ. Christ handed himself over to sanctify the church and this serves as a lesson to husbands.

Jesus emphasizes that he is "the living bread come down from heaven," and notes that it is the Spirit that gives life. Many disciples found his teaching difficult and left because they could not accept it; they returned to their former way of life. Jesus then asks the twelve if they too wish to leave him but they recognize that he has the words of eternal life; they believe that Jesus is truly the Holy One of God.



The Father grants that
We may come to Him through the Son.
Holy Communion is life in the Holy Spirit.

The Twelve disciples show that they have spiritual insight by saying they will stick with Jesus no matter how difficult his teachings appear to be. Peter understands the uniqueness and holiness of Christ and his message but Jesus knew that some would fall away since their hearts were not completely with him. When one truly accepts the faith, the living words of the Lord penetrate his entire being and worldly values are discounted, therefore put your faith in the Eucharist and your soul will be continually filled with life.

Holy Communion, as the word implies, is the intimate union of Jesus and our soul and body. If we want to have life and have it more abundantly, we must live on the flesh of the Lord. The saints understood so well that they could spend hours in preparation and still more in thanksgiving. This needs no explanation, for who could explain the depth of the riches and wisdom and knowledge of God? "How incomprehensible are his judgments!" cried Saint Paul, "And how unsearchable his ways, for who has known the mind of God?"

When we look at the Eucharist we know how he loves us now. That's why he made himself the bread of life to satisfy our hunger for his love, and then, as if this was not enough for him, he made himself the hungry one, the naked one, the homeless one, so that you and I can satisfy this hunger for our human love. For we have been created for that. We have been created to love and be loved.

(Blessed Teresa of Calcutta)

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