



'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat.

Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered:

'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

Reflection by Greg Sunter

This week's gospel reading continues the exploration of John Ch 6 that began last week and will continue for another few weeks. Today's passage begins the extended discourse on the 'Bread of Life' image that runs throughout this chapter. Last week's reading finished with Jesus virtually fleeing the scene when the crowd wanted to make him king. At the start of today's reading, the crowd has caught up with him again and appears to be looking for a repeat performance of the miraculous feeding. Jesus accuses them of simply wanting more food and not being alert to the truth of the sign they had witnessed. The crowd asks what they must do to accomplish the works of God and Jesus answers fairly bluntly, Believe in me!

In response, the people demand a sign from Jesus: produce manna from heaven as Moses did during the Exodus. In fact, manna from heaven is one of the signs of the coming of the Messiah that is foretold by the prophets. So, in their own way, the people are asking Jesus to demonstrate to them that he is the Messiah. Jesus, however, explains that it was not Moses who produced the manna, but God. In Jesus, God has already produced the sign – the Bread sent down from heaven. There is no need for Jesus to produce such a sign; the sign has already been produced by God. It is up to the people – and us – to recognise God's gift of life-sustaining nourishment that is Jesus.

In the Eucharist, we continue to celebrate Jesus as the Bread of Life – the sustaining gift of God that 'gives life to the world'.

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The Living Word

Eighteenth Sunday in Ordinary Time, Year B

1 August 2021

First Reading Ex 16:2-4, 12-15

I will rain bread from heaven upon you.

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our hearts content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your hearts content. Then you will learn that I, the Lord, am your God."'" And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

Responsorial Psalm

Ps 77:3-4. 23-25. 54. R. v.24

(R.) The Lord gave them bread from heaven.

1. The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and his might. (R.)

2. He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. (R.)
3. Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won. (R.)

Second Reading Eph 4:17, 20-24

Put on the new person that has been created in God's image.

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

Gospel Acclamation Mt 4:4

Alleluia, alleluia!

No one lives on bread alone, but on every word that comes from the mouth of God.

Alleluia!

Gospel Jn 6:24-35

Whoever comes to me will never be hungry; whoever believes in me will never thirst.

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered: