

## INTRODUCTION

Share about this question:

Why do we celebrate our own birthday?

We celebrate birthday because we thank God for the life he has given to us. On our birthday, a year is added to our age. We keep on hoping that our life will be prolonged. As we wish for a longer life, what kind of life is Jesus offering to each one of us?

Let us see in the Gospel reading today.



## OPENING PRAYER

God our creator, we ask you to pour your powerful Spirit into all those who are empty and at a loss today: Fill the hearts of persons who are troubled. Fill the minds of men and women who are confused.

Fill the stomachs of your children who are hungry. Fill the souls of people who are feeling lost. Fill the lives of all who need you, but do not know you. May your Spirit fill us all with overflowing love, dear Lord, and may we be inspired to share our abundance with others, so that there will be no more empty hearts and minds, stomachs and souls. We pray for all these in the name of Jesus Christ, who fills all lives with your endless grace. Glory Be

<https://socialjusticeresourcecenter.org/prayers/hunger>



## PHASE ONE REMEMBER THE STORY OF JESUS

### Proclamation of the Gospel Story (John 6:24-35)

*Enthroned the Bible on a table with lighted candle)*

R. Alleluia, alleluia.

**One does not live on bread alone,  
but by every word that comes forth from the mouth of God.**

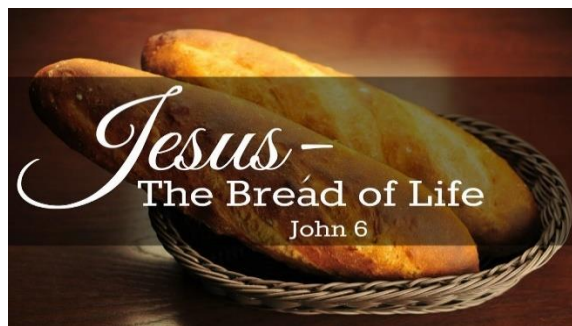
**Mt 4:4b**

R. Alleluia, alleluia.

**A reading from the holy Gospel according to John**

*Reader: The Gospel of the Lord*

*All: Praise to you, Lord Jesus Christ*



When the crowd saw that neither Jesus nor his disciples were there,  
they themselves got into boats  
and came to Capernaum looking for Jesus.  
And when they found him across the sea they said to him,  
"Rabbi, when did you get here?"

Jesus answered them and said,

"Amen, amen, I say to you,

you are looking for me not because you saw signs  
but because you ate the loaves and were filled.

Do not work for food that perishes  
but for the food that endures for eternal life,  
which the Son of Man will give you.

For on him the Father, God, has set his seal."

So they said to him,

"What can we do to accomplish the works of God?"

Jesus answered and said to them,

"This is the work of God, that you believe in the one he sent."

So they said to him,

"What sign can you do, that we may see and believe in you?"

What can you do?

Our ancestors ate manna in the desert, as it is written:

*He gave them bread from heaven to eat."*

So Jesus said to them,

"Amen, amen, I say to you,

it was not Moses who gave the bread from heaven;  
my Father gives you the true bread from heaven.

For the bread of God is that which comes down from heaven  
and gives life to the world."

So they said to him,

"Sir, give us this bread always."

Jesus said to them,

"I am the bread of life;

whoever comes to me will never get hungry,

and whoever believes in me will never get thirsty."

### 1.2 Brief Guided Silent Meditation / Personal

Let us spend a few moments of prayerful silence so that the  
Word of God may penetrate into our **hearts**.

### 1.3 Text in Context

Let's recall last week's Gospel. Jesus tells the people that  
God will provide a greater gift that will satisfy their spiritual  
needs.

Human beings have many important needs that must be  
fulfilled if they are to be healthy and happy. In today's  
Gospel, we hear that the people were seeking out Jesus  
because he had fed them abundantly with five loaves of  
bread and two fish. Let's listen to this Gospel.

1. Why are the people looking for Jesus? (because he had fed them)
2. What was already given to the people? (He gave them food, loaves of bread and fish, so that they would not be hungry.)
3. Were the people satisfied, or did they want something more? (They aren't satisfied; they want more bread.)
4. What did they want from Jesus? (a sign that he has come from God)
5. What did Jesus tell them? (He said that he will give them something greater and more important than the bread that fed their physical hungers; he will give them bread that will give them eternal life.)

(This part taken from <https://www.loyolapress.com/catholic-resources>)

PHASE II REFLECT the Story  
of the Church  
(Teachings of the Church)



The Gospel of John is very much different from the other three Gospels (called Synoptics with common similarities). John presents the story of Jesus using words that are difficult to understand. He uses “signs” to speak about the things that have deeper meaning. John style of writing is more of a reflection of Jesus’ teachings. Unlike the other three gospels that stress faith for Jesus to perform miracles, in the Gospel of John, signs are used so that people would believe in Jesus. A big YES response is expected. Simply believe which means to accept, abide or remain in Jesus.

The multiplication of bread is one the seven signs in the Gospel of John. People were amazed at the multiplication of bread. They could hardly imagine, how the 5,000 people were fed in an instant. This miraculous event must have been the talk of the town in Jesus’ time. Many people searched for Jesus again to see him making more bread for their food. They failed to see the Multiplication of bread as “sign” or as work of God so that they may believe Jesus’ divine origin as the One sent by the Father.

Jesus said to them:

*Do not work for food that perishes  
but for the food that endures for eternal life,  
which the Son of Man will give you.*

Some food may refer to those that do not last. It symbolizes all that satisfies the physical/body needs and senses. A person may have all the riches of the earth like money, beautiful house, good job and all luxuries of the earth but they all pass away like smoke. If ever one **has** some material goods, they should draw us closer to God and love of neighbours.

Nowadays, we are over fed with advertisements on social media. For example, internet provides what is trending in fashion. This encourages us to want or accumulate new things that we may not need. Advertisers create lots of needs for us and make us believe that our lives are not complete without their products. Let’s see our lifestyle. Do I live already as if I were a king and queen? Or if I have simply the basic things in life, am I thankful for whatever I have now?

The other kind of food that last even after life here on earth comes from the mouth of Jesus  
*I am the bread of life;  
whoever comes to me will never hunger,  
and whoever believes in me will never thirst*

Ordinary bread sustains our physical well-being and activities. But the true bread is God. God is not merely bread. Jesus calls himself bread of God and bread of life that give us life that is eternal (no end). Here, it is not the spectacular thing of making the bread for the 5,000 people. Jesus asks us to see beyond this great sign.

*“He wishes that the search for him and the encounter with him go beyond the immediate satisfaction of material needs. Jesus came to bring us something more, to open our lives to a wider horizon than the daily concerns of eating, clothing ourselves, career and so on.” (Pope Francis)*

Jesus is God who owes our recognition and obedience. Jesus appeals to us to come and listen to him. God is not only the giver. He offers us a life that is not only sustained by him but he proposes to us how to live **a quality life for Christ**. St. Paul said to the Ephesians:

*that you should put away the old self of your former way of life,..  
and be renewed in the spirit of your minds,  
and put on the new self,  
created in God's way in righteousness and holiness of truth.*

We have heard a lot about the teachings of Christ. Or we may know all his command. Faith is not only based on doctrine or laws.

“ If we allow ourselves to be involved in this loving and trusting relationship with Jesus, we will be able to perform good works that exude the fragrance of the Gospel for the good and needs of our brothers and sisters.” (Pope Francis)

What is the part of myself that can be considered as old.  
How do I put on a new self?

In a deeper level we are nourished by the “words of eternal life” (John 6: 68) and *food that does not perish*: The HOLY EUCHARIST. ( # 523 YOUCAT)

The Celebration of the Eucharist has two parts:  
The Liturgy of the Word  
Liturgy of the Eucharist

**In the liturgy of the Word**, we listen to the Word of God. God is present and speaks to us through the Scriptures. We come to know Jesus and his teachings through his Word. At Mass we listen attentively to God’s Word. At this time, only a few can attend mass due to restrictions brought about by Covid 19. However, we can follow the daily readings or even Sunday Readings through Scripture Guide. Do I try to avail a copy especially at this time of pandemic?

**In the Liturgy of the Eucharist**, “the priest asks the Father to send the Holy Spirit down upon the gifts of bread and wine to transform them into the Body and Blood of Christ (a prayer known as the epiclesis or “invocation upon)”. Here the real presence of Christ is offered to us at Holy Communion. .

PHASE THREE RESPOND – with/ in my personal  
faith /community faith story

This is the food that Jesus gives to us every day: his Word, his Body, his Blood

- What does Jesus trying to tell me upon hearing his Word today?
- In receiving the Eucharist, St. Augustine reminds us, “If you receive worthily, you are what you have received”. How do I apply this in my daily life, in the family and community?



CLOSING PRAYER

**Anima Christi**

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds, hide me.  
Separated from Thee let me never be.  
From the malignant enemy, defend me.  
At the hour of death, call me.  
To come to Thee, bid me,  
That I may praise Thee in the company  
Of Thy Saints, for all eternity.  
Amen.

