



**ARCHDIOCESE OF PALO-CATECHETICAL MINISTRY**  
**Module 49 (August 8, 2021) 19<sup>th</sup> Sunday in Ordinary Time- Cycle B**  
**Theme: The Bread of Life Strengthens our Faith**  
**John 6:41-51**



**INTRODUCTION**

Share an experience of how you cope with struggles in life especially at this time of New Normal.



**OPENING PRAYER**

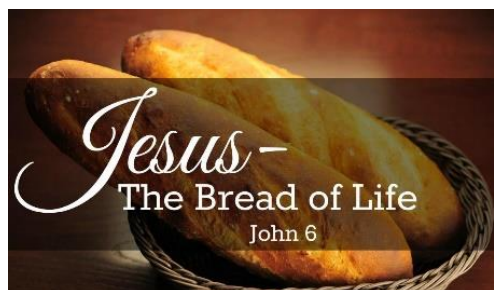
Lord you are the Lord of All,  
 Everything comes from you  
 We ask you with courage for the grace we need  
 We knock at your heart now  
 For you said: “For everyone who asks, receives;  
 and the one who seeks, finds;  
 and to the one who knocks, the door will be opened.”  
 As we come together, give us listening hearts and attentive  
 ears to your word. Send us your Spirit, so that we may break  
 your word together. May we come to know who you are as  
 we listen and reflect on your Word.  
 Lord Jesus, you are the Word and Bread of Life  
 Help us to believe and recognize you in the Scriptures and in  
 the Eucharist we celebrate. Amen

No one can come to me unless the Father who sent me draw him,  
 and I will raise him on the last day.  
 It is written in the prophets:  
 They shall all be taught by God.  
 Everyone who listens to my Father and learns from him  
 comes to me.  
 Not that anyone has seen the Father  
 except the one who is from God;  
 he has seen the Father.  
 Amen, amen, I say to you,  
 whoever believes has eternal life.  
 I am the bread of life.  
 Your ancestors ate the manna in the desert, but they  
 died;  
 this is the bread that comes down from heaven  
 so that one may eat it and not die.  
 I am the living bread that came down from heaven;  
 whoever eats this bread will live forever;  
 and the bread that I will give is my flesh for the life of the  
 world.”  
*Reader: The Gospel of the Lord*  
*All: Praise to you, Lord Jesus Christ*



**PHASE ONE**  
**REMEMBER THE STORY OF JESUS**

**1.1 Proclamation of the Gospel Story John 6:41-51**  
*Enthroned the Bible on a table with lighted candle)*



**A moment of prayerful silence**  
*We will not be able to understand the Word of God unless  
 God himself opens our hearts. Let us now welcome Jesus as  
 he speaks to us through his Word*

R. Alleluia, alleluia.  
**I am the living bread that came down from heaven, says  
 the Lord;**  
 whoever eats this bread will live forever.  
 R. Alleluia, alleluia.

A Reading from the Gospel according to St. John (Jn 6:41-5)  
 The Jews murmured about Jesus because he said,  
 “I am the bread that came down from heaven,”  
 and they said,  
 “Is this not Jesus, the son of Joseph?  
 Do we not know his father and mother?  
 Then how can he say,  
 ‘I have come down from heaven?’”  
 Jesus answered and said to them,  
 “Stop murmuring among yourselves.

**1.2 Brief Guided Silent Meditation / Personal Prayer**

What does Jesus tell about himself from our Gospel story today?

**1.3 Text in Context**

In John Chapter 6, Jesus talks at length about himself as the Bread of life. This is the third time on our Sunday Liturgy, when we see Jesus continuously explaining to us who he is as a person and as God-sent from heaven. He uses plain and simple language to his fellow Jews to make himself clear to them.

1. What did Jesus call himself?
2. What story do you recall about “bread that came down from heaven”? (God gave the Israelites Manna or bread from heaven, when people complained to Moses about having no food on their journey in the desert) from Egypt
3. What was the Jews’ reaction to Jesus calling himself: “I am the bread that came down from heaven,”? (they murmured about his claim as the bread that came down from heaven)
4. Why do you think people couldn’t accept Jesus as the bread sent to them by the Father. (They know his family very well. They expect someone extra-ordinary or different from them.
5. Who are those who can come to him? (Only those, who by grace, are drawn to him by the Father.)
6. What did Jesus say about himself and the Father? How are they connected?
7. What gift is given to those who eat this bread? (Eternal life)

8. Finally, what does Jesus tell us about the bread that he will give? (This bread is his flesh given for the life of the world)

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



John, the Evangelist wrote his Gospel to the First century Christians who were mostly Jews. (90 -100 A.D ). They were expelled from the community of fellow Jews because they believed Jesus and followed his teachings. John addressed his Gospel to the converted Jews to strengthen their faith in Jesus amidst rejection.

In this particular story of the Gospel, John encourages his readers to entrust themselves totally to Jesus who have unique claims of himself. (Fr. Antony Kadavil, Vatican News)

- 1) "I am the **Living Bread** that came down from Heaven."
- 2) "I am the **Bread of Life**."
- 3) "**The Bread** that I will give is My Flesh for the life of the world."
- 4) "No one can come to me unless the Father Who sent me draw him."
- 5) "I will raise him on the last day."
- 6) "No one has seen the Father except the one who is from God."

These are bold statements which reveal much about who Jesus is. Jesus claims to be one with God in the sense of being equal to Him. He points to himself as the one sent by the Father and therefore has divine origin. So, Jesus says: *"I am the Living Bread that came down from Heaven."*

But Jesus is too familiar to the people who murmured saying: *'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' How can he be God? He must be out of his mind! That is blasphemy! Let us get away from him!*

With these reactions of the people, let us try to enter into the mind and feeling of Jesus. Jesus must have felt some doubts in himself: *Am I the Son of God? Why do I need to go through all this trouble of telling who I am?*

We know that Israel had been waiting for the Messiah to come. They knew very well the Scripture had talked about the coming of God who would save them. But many failed to recognize God in the person of Jesus. They were amazed at Jesus in the beginning. They found his teachings too hard to accept and withdrew from him one by one.

And sometime later Jesus would ask the Apostles *"You do not want to leave also, do you?"*

Jesus as a man must have experienced a crisis of faith. He was tempted but he did not let himself be overcome by doubts and uncertainties. He would spend time alone with the Father to know his will. Jesus is so close to the Father that their minds and hearts are one. Jesus freely allows the grace of God to work in him. His food is his constant communion with the Father in prayer. That's why Jesus can confidently says:  
*No one can come to me unless the Father who sent me draw him.*

We all encounter crisis in faith. There are many Prophets and Saints whose life is tested in many ways from murmuring to purifying or strengthening of the faith. The story of Elijah in the First Reading, (1 Kgs 19:4-8) is a good example. He worked for God, yet he had to ran away to save his life from the death-threat of Jezebel, a wicked queen. God came

to his rescue offering him the bread from heaven. At first, he refused and wanted to die but finally he ate bread from heaven and continued committing himself for God's mission.

There are many things happening within us as a person, in the family, neighborhood, country and in the world. Let us be aware of how they affect us individually or as a family. What is my attitude towards all these happenings?

Do I murmur or complain? What is Jesus telling me? Have I experienced questioning God about my faith in connection to my experiences now? How do I cope to renew my faith? How does my faith in the Eucharist help me?

Faith is a gift from God. it makes us know and love God. But we have to respond freely to this offer of gift to us. God never forces us to believe and love him. *He reveals himself to us as free human beings, and our faith response to him is made within the context of our freedom.*

Our Catholic faith offers us a lot of truth such as the incarnation, Trinity redemption and Eucharist. These are taught to us not merely for knowing but to help us experience the saving love of God. Yet only those with humble spirit can see what is beyond all these mysteries of our faith. Do I believe that what I receive at Holy Communion is the real JESUS both his humanity and divinity? It is because Jesus simply said: THIS IS MY BODY... THIS IS MY BLOOD.

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

As we come towards the midway of the Celebration of the 500 years anniversary of the arrival of Christianity in the Philippines, have I seen in myself the particular gift I can share to others? How do I make the theme of this unique celebration, GIFTED TO GIVE, a real strengthening of the FAITH



CLOSING PRAYER

Act of Faith

O my God, I firmly believe  
that you are one God in three divine Persons,  
Father, Son, and Holy Spirit.  
I believe that your divine Son became man  
and died for our sins and that he will come  
to judge the living and the dead.  
I believe these and all the truths  
which the Holy Catholic Church teaches  
because you have revealed them  
who are eternal truth and wisdom,  
who can neither deceive nor be deceived.  
In this faith I intend to live and die.  
Amen

BACKGROUND FOR THE CATECHISTS

CCC 151 For a Christian, believing in God cannot be separated from believing in the One he sent, his "beloved Son", in whom the Father is "well pleased"; God tells us to listen to him. [Mk 1:11; cf. 9:7] The Lord himself said to his disciples: "Believe in God, believe also in me." [Jn 14:1.] We can believe in Jesus Christ because he is himself God, the Word made flesh: "No one has ever seen God; the only Son, who is in the bosom of the Father, he has made him known." [Jn 1:18.] Because he "has seen the Father", Jesus Christ is the only one who knows him and can reveal him. [Jn 6:46; cf. Mt 11:27.]

