

Sunday Summary

John 6:51-58

The word for *eat* in verses 54-58 is a crude term (Matthew 24:38), usually used for animals. Here in chapter 6 it probably stresses the reality of Jesus' presence in the Eucharist and/or the reality of his humanity (against early heretics).

Structurally, verses 51-58 are a duplicate of verses 35-50, repeating in explicitly Eucharistic terms what is, in the earlier section, primarily related to wisdom and only implicitly to Eucharist. Whereas in verses 35-50, the emphasis was on believing in Jesus and thus receiving eternal life, now it is on eating and drinking Jesus to receive life. To eat and to drink is to incorporate and assimilate Jesus and thus to abide in him.

Weekly Reflection



Jesus' words about eating his flesh and drinking his blood shocked even his disciples. Historically, blood was removed from use as food and reserved for sacramental purposes. But, in the rites of atonement, blood symbolized the yielding up of the worshiper's life to God and the atoning communion of worshippers with God.

In John's gospel, Jesus tells the people, enigmatically, that he is the fulfillment of this sacrificial atonement. In the light of the age-long prohibition against eating flesh containing blood, his words, heard in a literal sense, were quite offensive. But they brought a promise of eternal life.

Not only the atonement, finished on the cross, but also the living instrument of its communication—the Eucharist—transcends our ability to understand. In some unseen, incomprehensible way, the energy of redeeming love is transmitted, and we receive food for eternal life. By faith, we allow Christ's life to penetrate our being and nourish our life.

God's own life comes to us through the natural and temporal elements of bread and wine, so that we, natural and temporal creatures, may become vehicles of God's supernatural grace.

The Eucharist reminds us of the self-offering of our Lord and our dependence on him for our soul's life. It provides us with a continuous supernatural apprehension of eternity. It suffuses our little lives with the creative spirit of Christ and fits us for our vocation to transform the world.



Food for Thought

- ❖ Consider different ways in which you may have heard the invitation to Jesus' banquet of eternal life.



Food for Thought

- ❖ Consider what changes participation in the life and death of Jesus can make to our present lives.

Bridges for Tridgers

Recipe for Awareness

Begin with a moment of centering silence and quiet reflection, setting aside the concerns and agenda of the day.



1 We come to an awareness of God's presence in our family.

"Dear God, who is present with our family now, and at all times and in all ways,..."

Continue with:

2 We express our gratitude for today's gifts from God.

"Today I give thanks for..." or,
"Today, I am grateful for..."

Pause again for another moment of centering silence and quiet reflection.

3 We come to an awareness of God's presence in our own experience.

Silently contemplate the question:
"When have I acted from love?"

Silently contemplate the question:
"When have I acted from fear?"

Based on your contemplation, create your intention to move forward as an expression of God's Love.

4 We plan and move forward with God.

"God, help me to manifest your presence today by..."

Invitations to Community

- Jesus promises eternal life to all who eat his body and drink his blood. How do our lives reflect our faith in his promise? How do we bring the concerns of the world to the heart of the Eucharist? Let us pray for a renewal of zeal in our Eucharistic lives, that God's grace may flow through us for the healing of the world.
- What special works of God have we as a community of faith experienced lately? What testimony have we given of God's gracious providence towards us? Let us praise God for his majestic deeds.

Suggestions for Families

Ask each family member to draw a picture of what Sunday morning is like at your home. Include what each person in your home is doing. Share your pictures with one another. Invite discussion about how Sunday morning goes for your family. Share how it feels. Talk about what you both like and dislike. Discuss ways you could plan as a family for a more meaningful celebration each Sunday. Possibly plan for keeping the morning relaxed and unhurried; balancing family and community time; allowing prayer and reflection both in and out of Church.

Prayer Starter

Jesus, feed me that I may
express your life...

