

WSC REFLECTION GUIDE

Readings: Proverbs 9: 1-6
Psalm 34: 2-3, 10-15
Ephesians 5: 15-20
John 6: 51-58

20th Sunday in Ordinary Time
August 16, 2009

Word: **Jesus, the living Bread, leads us to eternal life.**

Theme: **Jesus leads us to eternal life when we are one with Him in the Eucharist. [Piety]**

Promise: ***"...the one who feeds on me will have life because of me."***
(Jn 6: 57b)

Reflection:

Pope Benedict XVI says that the Eucharist is a "mystery of faith" par excellence: the 'sum and summary of our faith'. The Church's faith is essentially a Eucharistic faith, and it is nourished at the table of the Eucharist. Faith and the sacraments are two complementary aspects of ecclesial life. The more lively the Eucharistic faith of the people of God, the deeper is their sharing in ecclesial life and the more steadfast their commitment to the mission entrusted by Christ to His disciples. The Church's very history bears witness to this. Every great reform has in some way been linked to the rediscovery of belief in the Lord's Eucharistic presence among His people (Sacramentum Caritatis p. 15-16).

Pope Benedict further says that when we receive Jesus in the Eucharist, we become sharers of God's inmost life. God's whole life encounters us and is shared with us. God is a perfect communion of love between Father, Son, and Holy Spirit.

The Theme for this week is - **Jesus leads us to eternal life when we are one with Him in the Eucharist.** However, before we can be one with Jesus, we must have lively faith - that firm belief that Jesus is truly present in the Eucharist. In John 6: 32-33, Jesus says, ***"My Father gives you the true bread from heaven; for the bread of God is He who comes down from heaven, and gives life to the world."*** In the Gospel reading, Jesus shows He is the Bread of Life that the eternal Father gives to mankind: ***"I myself am the living bread come down from heaven. If anyone eats this bread, He shall live forever; the bread I will give is My flesh, for the life of the world"*** (Jn 6:51).

If we have that firm belief and lively faith, then we should prepare ourselves to worthily receive the Body and Blood of Christ through regular confessions, especially if we have committed a grave sin. We should also be aware that Eucharist is a sacrament of love, a sign of unity, a bond of charity, a paschal banquet and pledge of future glory in which we receive the Body of Christ, filling our minds with grace. (Sacrosanctum Concilium, 47). If the Eucharist is a sign of unity, then we also need to be united with our brothers and sisters. We need to be reconciled to those who have hurt us, or whom we have hurt; for we will be receiving Jesus, who is God. And God is love. In John 4: 20-21, we read: ***"If anyone says: 'I love God, but hates his brother, he is a liar; for whoever does not love a brother whom he has seen, cannot love God whom he has not seen. This is the commandment we have from him: whoever loves God must also love his brother.'"***

Christ's life here on earth was the perfect life. He was humble. He was deliberately poor and uncomplicated. He was pure and taught purity of mind as well as body. He was hard-working and dedicated. He was tough and straightforward. He could be blunt, but was always patient. And He was given to constant daily prayer. He told His followers to stay away from negative judgments about others. He told them to be childlike in their simplicity. He taught them to be unselfish, ready to forgive, to be forgetful of self and concerned about others, and to "carry their cross" every day (Meditation for Spiritual Growth Vatican Daily Missal p. 367). When we receive the Body and Blood of Jesus worthily, we are given the strength and the power to live His kind of life

For those who remain In His love, the Eucharist is the pledge of the future – the promise of eternal life with the Father, Jesus, and the Holy Spirit, the Blessed Mother, all the saints, and very our own loved ones. As we receive Jesus worthily in the Eucharist, we become one with Him, assured of abundant life here on earth and eternal life when our sojourn is over. Let us cling to that Promise of the Week: **"...the one who feeds on me will have life because of me"** (Jn 6:57b).

Suggested Personal Reflection:

1. How can I foster unity in my family and in community?
2. How can I can I be reconciled to those who have hurt me and those whom I have hurt?

Next Week's Daily Mass Reading Guide:

August 17, 2009 (Mon): Jgs 2: 11-19; Ps 106: 34-37, 39-40, 43-44; Mt 19: 16-22
August 18, 2009 (Tue): Jgs 6: 11-24a; Ps 85: 9, 11-14; Mt 19: 23-30
August 19, 2009 (Wed): Jgs 9: 6-15; Ps 21: 2-7; Mt 20: 1-16
August 20, 2009 (Thur): Jgs 11: 29-39; Ps 40: 5, 7-10; Mt 22: 1-14
August 21, 2009 (Fri): Ru 1: 1, 3-6, 14-16, 22; Ps 146: 5-10; Mt 22: 34-40
August 22, 2009 (Sat): Ru 2: 1-3, 8-11; 4: 13-17; Ps 128: 1-5; Mt 23: 1-12
or Is 9: 1-6; Ps 113: 1-8; Lk 1: 26-38

"Ignorance of the Bible is ignorance of Christ. Read your Bible daily!"