



CELEBRATING AT HOME

19TH SUNDAY IN ORDINARY TIME

The living bread that nourishes life (Jn 6:41-51)



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Sign of the Cross

In the name of the Father, and of the Son,
and of the Holy Spirit.

Amen.

We are the body of Christ.

**We are gathered with the whole Church
in this moment of prayer.**

Preparing to hear the Word

Lord Jesus,

you are the living Word of God.

Lord Jesus,

you draw us in love to you.

Lord Jesus,

you feed us with bread which lasts for ever.

Scripture Reading (*John 6:41-51*)

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph,' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

No one can come to me
unless he is drawn by my Father who sent me,
and I will raise him up on the last day.

It is written in the prophets:

They will all be taught by God,
and to hear the teaching of the Father,
and learn from it,
is to come to me.

Not that anybody has seen the Father,
except the one who comes from God:
he has seen the Father.

I tell you most solemnly,
everyone who believes has eternal life.
I am the bread of life.

Your fathers ate manna in the desert
and they are dead;

but this is the bread that comes down from heaven,
so that a man may eat it and not die.

I am the living bread which has come down from
heaven.

Anyone who eats this bread will live forever;
and the bread that I shall give
is my flesh, for the life of the world.'

Reflection - *The living bread that nourishes life*

At the end of last week's Gospel, Jesus said: *I am the bread of life, those who come to me will never be hungry; those who believe in me will never thirst.* In other words, Jesus feeds us with the living bread of God's word, which is himself. But this word can only be received by those who believe, that is, who are in relationship with Jesus. The first step is to recognise where Jesus comes from (God).

In a great example of unbelief the Jewish authorities reject Jesus at the beginning of this week's Gospel because they know where he comes from and therefore he cannot be 'from heaven'. Once again they are unable to read the face of God in Jesus. They think they know exactly who Jesus is - *we know his father and mother.* And their focus remains firmly fixed on the bread they ate, not the person who provided it.

Jesus tells them to stop complaining and insists that only those drawn by God can believe in him. Jesus insists again that God draws people to belief in him. One cannot be taught by God apart from hearing and believing the word of Jesus. And those who believe have eternal life.

Jesus again insists that he is the Bread of Life. Referring to his earlier conversation with the crowd in last week's Gospel, Jesus says that those who ate the manna in the desert are dead; and those who eat the bread of life he is offering will live. Life comes from being in relationship (in communion) with Jesus.

The Gospel concludes with Jesus once again stating that he is indeed the living bread which has come down from heaven. Those who eat this bread will live for ever. The bread that Jesus will give is his own flesh offered on the altar of the cross for the life of the world and given in prophetic sign at the Last Supper.

If we enter into communion with Jesus we can become the living bread through whom God continues to

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feed his people with wisdom, compassion, hope, forgiveness and love.

Prayers of Intercession

Having received your Word, Jesus,
may we become the bread that nourishes life.

Be with all who are homeless, condemned, hungry, or sick.

Open us to be shelter, pardon, food, welcome, and healing.

Be with all who so lovingly attend to our dying relatives and friends.

Give to them the full measure of your courage, strength and presence.

Lord's Prayer

Formed by the teaching and example of Jesus, we pray:

**Our Father, who art in heaven,
hallowed be thy name.**

Thy kingdom come.

**Thy will be done on earth
as it is in heaven.**

**Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

Closing Prayer

God of blessing, Source of life,
live in and through us so that we may love your world
as you love it. Through Christ our Lord.

Amen.

Blessing

**Lord, make us your blessing for our family, friends
and neighbours during this week. Amen.**



Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



The
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