



CELEBRATING AT HOME  
18<sup>TH</sup> SUNDAY IN ORDINARY TIME

*I am the bread of life (Jn 6:24-35)*



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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 Bread of Life.**

Lord Jesus,

**you are the Wine of compassion.**

Lord Jesus,

**you feed us and make us whole.**

### Scripture Reading (*John 6:24-35*)

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?'

Jesus answered:

'I tell you most solemnly,  
you are not looking for me  
because you have seen the signs  
but because you had all the bread  
you wanted to eat.

Do not work for food that cannot last,  
but work for food that endures to eternal life,  
the kind of food the Son of Man is offering you,  
for on him the Father, God himself,  
has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.'

So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our

fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly,  
it was not Moses who gave you bread from heaven,  
it is my Father who gives you the bread from heaven,  
the true bread;  
for the bread of God  
is that which comes down from heaven  
and gives life to the world.'

'Sir,' they said 'give us that bread always.'

Jesus answered:

'I am the bread of life.  
He who comes to me will never be hungry;  
he who believes in me will never thirst.'

### Reflection - *I am the bread of life*

Our journey through Chapter 6 of St John's Gospel continues. Two weeks ago, Jesus showed himself the true shepherd-king, feeding the inner hunger of the people for the Word of God. Last week, Jesus fed the physical hunger of a great multitude with a simple meal of bread and fish. The people, impressed by what they saw, wanted to make him their warrior-king, one who would lead them in a revolt against the occupying Romans and satisfy their every desire. Jesus escaped into the hills.

This Sunday, the crowd has caught up with Jesus. He accuses them of looking for him only because he gave them all the bread they wanted to eat, not because they had understood that the bread was a sign of the *real* food Jesus was offering: himself. Jesus urges them to work for 'food that endures to eternal life'. Working for this food means to believe in the one God has sent: Jesus himself.

The crowd asks for a sign to prove that they should believe in Jesus. After all, they say, Moses gave our ancestors bread to eat in the desert; what will you do? Their request underlines their failure to really see the sign that they had already been given. Jesus reformulates their quote from scripture: *It is God who gives the true bread from heaven, the bread of God*

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*which gives life to the world.* In that case, they say, give us that bread always.

Jesus replies: *I am the bread of life, those who come to me will never be hungry; those who believe in me will never thirst.* Jesus is real food for the hungers and thirsts of the human heart.

To be nourished by Jesus one must believe (have faith) in him. This implies a personal relationship with Jesus. Once this personal relationship has been established everything else finds its proper place and true purpose.

Our relationships feed and sustain us as human beings. They are born of the food of love, compassion and forgiveness. Being in a relationship is to be drawn into communion with another person. We always draw life from those we love and those who love us. It is the same with Jesus. In order to draw life from him, to be fed by him, we have to be in loving relationship with him.

### Prayers of Intercession

Work your love through us  
**that the Church may be a source of life in this world.**

When we crave proof of your presence,  
**fill us with a new experience of your love.**

Grant hope and healing to all in our world  
**who struggle with illness,  
loneliness or depression.**

### 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

Ever-abundant God,  
we praise you for your generosity.  
**Draw us ever closer to all that is eternal and true.  
Through Christ our Lord. Amen.**

### Blessing

Lord, look kindly upon us,  
**and carry us gently through the week ahead.  
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 Carmelites**  
Australia & Timor-Leste

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