

FR.TK.REFLECTION 18th SUNDAY YEARkysk-B-2024@note it appears 19th SUNDAY ON (pdf)but the content is 18th).

FURTHER FEEDING-JESUS THE BREAD OF LIFE:

Last Sunday the 17th Sunday of the year was a week of **stock-taking,self-self evaluation** and **balancing** our pros and cons spiritually as we entered the second phase of the church calendar year.

The readings talked so much of physical food and generous feeding by Jesus,todays readings emphasize on further feeding program which goes back to Exodus.God feeding the Israelites in the desert with Manna.He is giving them **food,water and security on their transit during exodus(Ex16:2-4,12-15)** He is continually giving them the necessities despite their stubbornness.God is a wonderful provider despite our ingratitude.He cares and provides us.Do we appreciate really what he has given us,do we still doubt his **presence** and **existence** like the Israelites.Evaluate your connection with your creator.

In the gospel(Jn:6-24-35) after the stunning miracles and the multiplication of loaves and fish,we see long conversation follows between Jesus and the people,they are using the same words but different meaning.people are looking for more bread and more wonders Jesus is trying to teach them to seek something more deeper **the bread from heaven,living bread,bread of eternal life**.The people seems to think he is talking of constant,**endless supply of bread** this is why they tell him to give them that bread,chapatis totias,burgers,oranges and apples!,to their astonishment,Jesus says that **He himself is that bread(I am the**

bread of life whoever comes to me shall never be hungry and whoever believes in me shall never be thirst) Jn.6:35) is this not an invitation to share in the **Eucharist and the word during mass!**

On our journey here on earth,we really need our spiritual supply as much as we need our physical supply.We need to balance with time and situation.We are living in a time of enormous and expensive preoccupation with our **body and physical appearances**.People want to look marvelous for some it is important **to look good than to be good**.Huge money is spend on diet,bodybuilding,fitness centres cosmetics and even plastic surgeries,how much do we actually spend on our spiritual well being! The time we take to care for our physical well being and our spiritual,can we balance.The condition of our souls should be of **great concern,because,the state of the soul affects everything else about us even physical appearance,Spiritual distress manifests itself in the body**.we simply must take great care of our souls and feed them with what Jesus is telling us today,**word and Eucharist the bread of life**.

Nothing material can satisfy our inborn need for God,no matter how much one keep away from him,we need Him always to guide and lead us.The material things he has provided us with are here to help us to satisfy the many hungers we have here in the world.The hunger for (recognition,feeling of importance,justice,acceptance,honor relationships and even for motivation).The material properties should be **channels but not obstacles to reach him**.Let's use what he has provided us with for the **GREATER GLORY OF HIS NAME**.