

## **FR.TK.REFLECTIONS 19<sup>th</sup> SUNDAY YEAR B-2024:**

### **FOOD FOR THE JOURNEY:**

We don't have permanent residence in this world,we are not citizen of this world,we are just passing through.Our permanent abode is heaven.we are on transits and our journey here can be tricky and challenging with hardships,sickness and confrontations of different magnitude.We must be always prepared as we journey in faith.we need food for our bodies and spiritual food for our souls.

In our first reading(1kgs 19;4-8),the great prophet Elijah is facing such hardship of his ministry and challenge even of his life as he championed the worship of **one true God as opposed to worship of Baals with the false prophets**.we clearly see his humanity on **trial** as he escapes the wrath **of the wicked** Queen Jezebel who was longing for the prophets life to revenge.Elijah escapes for his life in the desert,**broken hearted and dispirited**.He couldn't take more,he prayed that he would die.It is in such situation of desperation that he was **woken up by the Angel,given food and water for the journey**. He was fed with the heavenly bread.we all face such situations on our journey here in the world,we **we feel discounted,disillusioned by situation of life,we feel alone,we feel God is not on our side**. Don't we all need food and encouragement in such situation? Don't we need a short,encouraging word of support like Elijah\***Get up and eat for the journey is long**\*we would like to hear that from a friend can you be that Angel to someone?

In the gospel(Jn 6:41-51) after Jesus had done the miracle of multiplication of the bread and fish,and feed the gathered crowd,he took the opportunity of teaching them that he is **the living bread**

**which came down from heaven.** Obviously they had not yet opened their eyes of believing in him, they saw the bread and fish but Christ told more than that. Jesus told them and fed them, is he not doing the same to us at every mass?. He is **teaching us with his word from the scripture and feeding us with Eucharist,\*This is my body, this is my blood\*.** He addressed their immediate hunger and told them through feeding them.

We all, have different many hungers which need to be fed, as we journey, hunger for **companionship, affirmation, respect, loyalty and purpose these are for emotional human satisfaction which are very vital for growth,** too our souls has its also hunger which needs satisfaction for **cleansing, forgiveness, spiritual rebirth, inner healing and union with God.** we must be very careful because **material prosperity can sometime mask the spiritual starvation.** There is a possibility that one be **materially satisfied but dying spiritually!** We need to get the proper food physically and spiritually well being otherwise we end up in taking junks which can be dangerous for our bodies! Too the same with our souls whenever one is starving spiritually will get all junk of literature in the upcoming spiritual market place with the likes of **phonographic, superstitions, unforcussed materials, all for the illusion of spiritual nourishment.** It is only Jesus who **satisfies the hungry heart with his word and Eucharist at every mass, are we not privileged as Catholics to have mass for spiritual nourishment?** We are called today as priests and leaders to **gather, teach and feed the people** with those word of christ. **\*I am the living bread\***

Our life's in Christ as Christian is not **a set of coincidences but rather a journey with destination and purpose which is heaven to be United to our maker.**We are not alone on this journey,we have a shephard in the person of our Lord Jesus christ,we have other earthly leaders both spiritual as well as political and of course we have ourselves,Time and again the good lord always send to us leaders on our journey the likes of **moses,the likes of Elijah, the champion of non violence,Mahatma Gandhi,Nelson Mandela and the likes of Martin Luther king champion of human rights and others.**

**They all faced tough moment and needed both physical and spiritual nourishments to accomplish all the great work they did.They all turned to to God in those difficult moments.Can you take the button from there and give to someone to continue?**

**LET US SUPPORT EACH OTHER IN THIS JOURNEY AND FEED THOSE IN.**