

## A GOD BREAD OF LIFE



### GIVE US LORD OF YOUR BREAD

#### SETTING.

Give me Lord of your Bread, that Bread that satisfies and nourishes. I come before You, Lord, to be with You and to do that part of the path that today You invite me to do with You, being bread like You, shared.

I quiet down, I calm down to listen to your Word. I make silence, I close my eyes to see from my inner being what is happening outside. Accompany, Lord, this moment so that in what is little may be a lot.

#### SONG. Yes, I will get up.

<https://www.youtube.com/watch?v=eLOH3i4Zeyk>

#### GOSPEL ACCORDING TO SAINT JOHN: JN 6:24-35.

“When the people saw that neither Jesus nor his disciples were there, they got into those 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: ‘In all truth I tell you, you are looking for me not because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that goes bad, but work for food that endures for eternal life, which the Son of man will give 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 carry out God’s work?’ Jesus gave them this answer, ‘This is carrying out God’s work: you must believe in the one he has sent’. So they said, ‘What sign will you yourself do, the sight of which will make us believe in you? What work will you do? Our fathers ate manna in the desert; as scripture says: He gave them bread from heaven to eat’. Jesus answered them: ‘In all truth I tell you, it was not Moses who gave you the bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is the bread which comes down from heaven and gives life to the world’. ‘Sir’, they said, ‘give us that bread always’. Jesus answered them: ‘I am the bread of life. No one who comes to me will ever hunger; no one who believes in me will ever thirst.’”

## **LET US DEEPEN THE TEXT.**

We continue our reading of chapter 6 of Saint John: first we saw the multiplication of the loaves. The narration ended with the abrupt departure of Jesus because, John tells us, “He knew that they were about to make him his King”. For this reason, Jesus retires alone to the mountain. His disciples had left for Capernaum where Jesus joined them walking on the water (6:16-21). And it was precisely in the synagogue of Capernaum where Jesus gave the great discourse on the bread of life, a discourse that begins with the passage of this Sunday.

There, Jesus will speak clearly, but He will not be understood: “Attention, what I am going to tell you is serious, difficult to hear, and yet it is the truth”. We are forewarned. Indeed, the speech on the bread of life is, without a doubt, one of the most difficult things to understand, the proof is that, three times, those who listened to the speech, are going to interrupt to raise their objections. But Jesus, patiently, step by step, with the insight of the consummate leader, will lead them to the end of Revelation.

In his way of presenting this narration, Saint John strongly insists on what seems to be the fundamental problem of Jesus' contemporaries: He was the Messiah, but very few recognized Him. From the first chapter of his Gospel, in the prologue, John sums up the situation: "He came to his own and his own did not recognize Him". Our text for today ends with the announcement of the Eucharist: "I am the bread of life. Whoever comes to me will never be hungry again; whoever believes in me will never be thirsty". To believe, here is a topic that is often repeated in the Gospel of John: It is enough to believe to have life. The truly life!

### **CLUES FOR THE PRAYER.**

1. I ask myself what does Jesus mean in my life? What do I look for by being close to Him?
2. Do I seek Him in solitude or with those around me?
3. In my life, is Jesus the "bread of Life"? I believe in Him?

### **MY BREAD TOGETHER WITH YOURS**

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#### **AMBIENTAL MUSIC. La Seste Estampie Royal**

[https://www.youtube.com/watch?v=S5NL4\\_Q48vM](https://www.youtube.com/watch?v=S5NL4_Q48vM)

Música relajante

<https://www.youtube.com/watch?v=SQVm81dPUZk>

### **COUNT ON ME.**

Listening and feeling You, does not leave me the same.

With You I make the path of life.

Believing in You is the act of faith

driven by experience

and presence.

Meeting You,

where, in whom or with whom?

Really everything talks about You.

If I get into mode, listening.

I am the one I see or resist.

Where can I feel you most strongly?

What am I looking for? What do I want to see?

If I look around I see You.

In the friendly face and  
in which it is not so much.  
If I listen around me, I hear You.  
Sometimes in a protest  
others in a feeling of agreement.  
If I touch around me, I feel You.  
Sometimes in a wrinkle,  
others in a newborn baby.  
When I walk around the place that surrounds me,  
I meet You  
among those who walk with You and  
in those who stand  
on the side of the path.  
If I keep quiet, I listen to the silence,  
in which the imperceptible sounds.  
If I speak, may don't just listen to me  
those who are by my side,  
but may the words have  
enough strength to  
not remain in the moment.  
If I dream, so many possibilities arise...  
Lord, may I listen to You first  
so that your Word, nourishment of life,  
may guide our words, gestures, dreams.  
Making it possible together,  
the world, new, different that we long for.  
Count on me,  
that I count, on You.

### **SONG. My body is food – Acoustic Jesuits**

<https://www.youtube.com/watch?v=PqPhBjRmGk0>



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