

## SUN-TANNED BREAD...



### FORGED IN THE DAILY EMBRACE

#### SETTING.

In this time, in this moment, from this place; I want to perceive, think, act.

You are bread, give me your bread, give me to drink, so that they may animate my faith. With this food and drink I can feel relieved and I can relieve others.

Opening myself and not closing myself, to all that world of possibilities that come from You and that transform me, change me, make me grow.

May I can say to the others “take and drink”, this is His body and His blood that feed us and give us the strength for the journey. Every day I am about to receive you and to be with you, in order to be with the others, those who are looking for you and those who do not know you.

I let the Word enter me and transform me.

#### SONG. Give me your bread - Nico Montero

<https://www.youtube.com/watch?v=8P05nolWJHQ>

## **GOSPEL ACCORDING TO SAINT JOHN: JN 6:41-52.**

“Meanwhile the Jews were complaining to each other about him, because he had said, ‘I am the bread that has come down from heaven’. They were saying, ‘Surely this is Jesus son of Joseph, whose father and mother we know. How can he now say, *I have come down from heaven?*’ Jesus said in reply to them, ‘Stop complaining to each other. No one can come to me unless drawn by the Father who sent me, and I will raise that person up on the last day. It is written in the prophets: ‘They will all be taught by God; everyone who has listened to the Father, and learnt from him, comes to me. Not that anybody has seen the Father, except him who has his being from God: he has seen the Father. In all truth I tell you, 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 which comes down from heaven, so that a person 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.’”

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

This text is part of the speech, pronounced by Jesus in the Capernaum synagogue, on the bread of life. Jesus has just said: “I am the bread of life. Whoever comes to me will never be hungry again; whoever believes in me will never be thirsty again”. This read between the lines is a formidable claim. Since, the people know perfectly that there are two kinds of food: the material and the spiritual. They also know that the only valid and truly life-giving spiritual nourishment is the Word of God. Bread, material food, makes the body live and maintains biological life. The Word of God, spiritual food, maintains spiritual life. One day biological life will cease, but spiritual life is eternal and will never cease.

Jesus and his interlocutors are used to this kind of distinction. But where his public cannot follow Him is in the pretense that He Himself is this life-giving food. And Jesus had added, besides: “I am the bread that comes down from heaven”, which in the Old Testament means exactly: the Word of God. “Man does not live only on bread”, says the book of Deuteronomy, “but on the word that comes from the mouth of God” (Deut 8:4). We can guess the questions that arose when hearing Him speak: “How does Jesus claim that He is the one who brings Eternal Life? We know his parents, Joseph and Mary of Nazareth. He is a man like everyone else, no more, no less: He has not come down from heaven; he was born to fully human parents. Is He taking himself for God Himself?” This is the real

question and it is at the heart of the Christian mystery: Jesus, true man, can He be the true God?

Jesus is aware of how difficult it is for his interlocutors, as for us today, to rise to that height. For this reason He repeats: “Amen, Amen, I tell you”. This expression coming out of his mouth sounds like the usual expression “Oracle of the LORD” said by the Old Testament prophets and which is equivalent to saying: “These words are difficult because they are Words of God and therefore inaccessible to our poor little human understanding”.

Then, once again, Jesus takes up this distinction that everyone knows between material food and spiritual food and talks about manna again. Manna was nothing more than material food: “In the desert, your fathers ate manna and today they are dead: but this bread, which comes down from heaven, he who eats it will not die” (verses 49-50). Here we hear, once again, the Prologue of John: “The Word became flesh and dwelt among us”. (Jn 1:14).

## **CLUES FOR THE PRAYER.**

1. How could a man, without living in relationship with God, have done what Jesus did? Could he be what He was and is? Which traits help us to discover it?
2. How do you live the presence of God in your life? How do you listen to the Father?
3. Do you keep eating manna or do you eat the bread of life that is Jesus?

**TAKE AND EAT FROM MY BODY**\_\_\_\_\_

**AMBIENTAL MUSIC. Ludovico Einaudi - Passaggio**

<https://www.youtube.com/watch?v=-rWgZiSF30c>

## **THE BREAD OF TRUTH.**

Jesus is food in the journey.

He is the Bread of life.

Believing in this gives you  
the hope of life, in which we dream.

Asking for food and drink,  
is believing and wanting to believe, more and better.

Believing in what we see  
in what we feel,

in what we experience,  
in what we dream good,  
in Him, who is the true Bread.  
Jesus is the bread of life  
who is given to us every day, in food  
that satiates us and drives us in search  
of freedom, fraternity, communion.  
Take and eat is to believe in Him.  
Take and eat is to welcome his Word.  
Take and eat is to accept his Challenge.  
Take and eat is to be food.  
Take and eat is to open up to the novelty of Him.  
Take and eat is to welcome.  
Take and eat is to be a brother.  
Take and eat is to heal wounds.  
Take and eat is to appreciate everything.  
Take and eat is to love.  
To accept eating and drinking His body,  
who welcomes and caresses life tenderly,  
who comforts and relaunches  
to new meanings, ideals, premises,  
basis of the full life we crave.  
Let's take this Body and this Drink,  
and invite others to take it,  
from being a faithful reference to His being  
and His simple call, which guides,  
accompanies and elevates.  
Thirst for that forged and tanned bread  
at work every day.  
Thirst for that Bread.

## **SONG. You are my strength - Ixcis**

<https://www.youtube.com/watch?v=8A2LXDWdKso>



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