

The Living Word

Eighteenth Sunday in Ordinary Time, Year B

1 August 2021

First Reading Ex 16:2-4, 12-15

I will rain bread from heaven upon you.

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our hearts content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your hearts content. Then you will learn that I, the Lord, am your God."' And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

Responsorial Psalm

Ps 77:3-4, 23-25, 54. R. v.24

(R.) The Lord gave them bread from heaven.

1. The things we have heard and understood,
the things our fathers have told us,
we will tell to the next generation:
the glories of the Lord and his might. (R.)
2. He commanded the clouds above
and opened the gates of heaven.
He rained down manna for their food,
and gave them bread from heaven. (R.)
3. Mere men ate the bread of angels.
He sent them abundance of food.
He brought them to his holy land,
to the mountain which his right hand had won. (R.)

Second Reading Eph 4:17, 20-24

Put on the new person that has been created in God's image.

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were

taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

Gospel Acclamation Mt 4:4

Alleluia, alleluia!

**No one lives on bread alone,
but on every word that comes from
the mouth of God.**

Alleluia!

Gospel Jn 6:24-35

Whoever comes to me will never be hungry; whoever believes in me will never thirst.

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 by Fr Michael Tate

Some religions, and even strands of Catholicism, try to suppress appetites in order to achieve some 'out-of-this-world' liberation. But appetites are good things, telling us what we humans need as bodily, social, spiritual beings. They provide a reality check against our tendency to think that salvation is exclusively about the soul.

Our appetites for food and drink, for affection and companionship, for the truth about the Big Picture of our life journey, need to be satisfied or we disintegrate in various ways.

Our Lord Jesus Christ proclaims in today's Gospel that He is the total satisfaction of our deepest human appetites: 'I am the Bread from Heaven which gives life to the world.'

That 'Life' is nothing less than participation in Divine Life, existing in the Big Picture in the way God intended. That is the nourishment offered not to a particular tribe or ethnic group, but to the whole of humanity, indeed to the whole of creation.

We could take a moment to pray for faith to recognise that the bread brought up at the Offertory is truly transformed: no longer short term food like manna in the desert, but 'the Bread of Life', the Real Presence of the One who nourishes our humanity, indeed who gives Life to the world.

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