



18th Sunday of Ordinary Time

Ex 16:2-4, 12-15
Ps 78:3-4, 23-25, 54
Eph 4:17, 20-24
John 6:24-35

Monday August 3

Num 11:4b-15
Ps 81:(2a)12-17
Matt 14:13-21

Tuesday August 4 St. John Mary Vianney

Num 12:1-13
Ps 51:3-7, 12-13
Matt 14:22-36

Wednesday August 5

Num 13:1-2,25--
14:1,26-29,34-35
Ps 106:6-7,13-14,21-23
Matt 15: 21-28

Thursday August 6 The Transfiguration

Dan 7:9-10, 13-14
Ps 97:1-2, 5-6, 9
2 Peter 1:16-19
Mark 9:2-10

Friday August 7

Deut 4:32-40
Ps 77:12-16, 21
Matt. 16:24-28

Saturday August 8 St. Dominic

Deut 6:4-13
Ps 18:2-4,47,51
Matt 17:14-20

In John 6:24-35, Jesus says: "Do not work for food that perishes but for the food that endures for eternal life." In other words: In your daily life, work hard to obtain whatever will nourish your soul and sustain you past death into eternity.

Jesus says "I have work God wants you to do to believe in the one he sent." Why does he call this "work"?

To fully believe, we must work at getting rid of every doubt and distrust that interferes with our belief in Christ, with our trust in his words (including the official teachings of the Church), and with our willingness to conform to his way of life.

This work requires first identifying our vulnerabilities that make us doubt and distrust, uncovering what we're afraid will happen if we do trust, and overcoming that fear by gaining a better understanding of the truth. Any fear that interferes with our holiness is always based on something untrue.

Jesus says: "The bread of God, which nourishes your soul, is that which comes down from heaven and gives life." He is referring to himself in the bread that he offers at every Mass. What work do you need to do so that you can be nourished more fully by the Eucharist? Is there something that's blocking you from believing that the Eucharist is truly Jesus making himself more available to you?



Is there something that's stopping you from receiving the Eucharist? Work hard to remedy that obstacle! It will make a difference to your eternal soul. If you're sincere about uniting yourself to Christ, he will make possible whatever is needed to clear the way.

Because the Eucharist is Jesus, it can heal us, purify us, and help us become more like Christ himself. However, it takes conscious effort to fully embrace this opportunity. Why would we want to be lazy about that? The benefits of hard work in our faith life will endure for eternity.

Reflect & Discuss:

1. What raises doubts in your mind about Christ's presence and power in your daily life?
2. What in your relationship with Jesus needs more work so that your belief in him will give you confident hope that he is guiding you to heaven?
3. How has the Eucharist helped you on your journey to heaven? How has it changed you, purified you?
4. Is it possible that Christ's true presence in the Eucharist can also help those who are unable to receive communion? How so?