

19th Sunday of Ordinary Time

1 Kings 19:4-8
Ps 34:2-9
Ephesians 4:30–5:2
John 6:41-51

Monday August 9
Deuteronomy 10:12-22
Ps 147:12,15,19-20
Matthew 17:22-27

Tuesday August 10
St. Lawrence
2 Corinthians 9:6-10
Ps 112:1-2,5-9
John 12:24-26

Wednesday August 11
St. Clare
Deuteronomy 34:1-12
Ps 66:1-3a,5,8,16-17
Matthew 18:15-20

Thursday August 12
Joshua 3:7-10a,11,13-17
Ps 114:1-6
Matthew 18:21--19:1

Friday August 13
Joshua 24:1-13
Ps 136:1-3,16-18,21-22,24
Matthew 19:3-12

Saturday August 14
St. Maximilian Mary Kolbe
Joshua 24:14-29
Ps 16:1-2a,5,7-8,11
Matthew 19:13-15

This Sunday we hear Christ's explanation of the Eucharist: "Whoever believes has eternal life; I am the bread of life."

Why does he call the Eucharist "the bread of life"? How does it give us life?

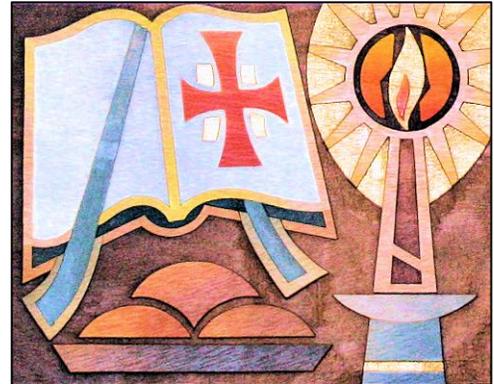
He answers: "Whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." In other words, he gave himself to us – he gave his life for us – on the cross.

Our sinfulness put us on the path of death, but he who was sinless and divine substituted himself for us, taking our deaths upon himself so that we could have the eternal life of God.

The resurrection of his body defeated this death. Therefore, his body, crucified and risen, is the source of our life. This is what we celebrate in Mass. We are not re-enacting his death during the sacrifice of the altar, as some mistakenly assume; we are uniting ourselves to his life.

The "sacrifice of the altar" is our participation in the entirety of Christ – his life, his ministry, his crucifixion for our sins, his resurrection, and his ascension to heaven.

We unite with him by offering our lives to him so that he ministers to the world through us, sacrificing our will where it interferes with his, which results in being raised up to new life as we follow Christ to heaven.



Every Catholic Mass accomplishes this by providing us with our Savior's body and blood, here and now, in the form of edible food: the bread of life. This holy communion comes to us from Christ's Last Supper, through generation after generation of the apostolic priesthood, beginning with the very first Apostles.

Christ is as fully present and as truly real here as he was when he sat among the Apostles and said, "This is my Body, this is my Blood." Thus anyone who adores and honors Jesus in the Eucharist, believing that he is their Savior, is feasting on the source of their eternal life.

Reflect & Discuss:

1. How do you know that the Eucharist is truly the high point and center of *your* life?
2. What's missing from your current experience of meeting Jesus in person in the miracle that takes place on the altar?
3. How is the Eucharist life-giving for you? Share how Jesus has revealed himself to you through the Blessed Sacrament.
4. How did it change you?