

Sunday Readings Reflections of 8/9/15

Reading 1 1 Kings 19:4-8

Sometimes our fears and troubles seem to be just too much for us. We may feel that we cannot go on. The prophet Elijah felt that way after being pursued by his enemies who wanted to kill him. He sat down under a tree and prayed for death. But God awakened him twice, providing food and water for his dejected messenger. The refreshments and the knowledge of how much God cared for him gave Elijah the strength to continue his journey to "the mountain of God."

Each Sunday is our day of rest from the activities and the difficulties of the week. We are strengthened by the Eucharist and our knowledge of how much God cares for each one of us.

Reading 2 Ephesians 4:30—5:2

At our Baptism we received the new life of the Holy Spirit. In this reading, Paul encourages those who have been baptized to avoid acting in ways that "sadden the Holy Spirit." Cruelty and harshness of every kind should be avoided. Christians are called instead to be kind, compassionate, and forgiving. In that way they imitate Christ who has been kind, compassionate, and forgiving to them.

It is not always easy to say no to cruelty and bitterness. But, by the grace of the Holy Spirit, we have the power to follow Jesus' example.

Gospel John 6:41-51

When a teacher introduces a completely new idea, students sometimes resist it. They may complain "I don't get it. It doesn't make sense to me." When Jesus began teaching the Jews that he himself was the "bread that came down from heaven," they muttered and murmured in complaint. They thought they knew who Jesus was. But Jesus responds by promising them that if they eat the living bread, they will live forever. He will give his flesh for the life of the world.

In the Eucharist, we experience the truth of Jesus' promise. We receive the living bread and know that we shall live forever.

©2015 Sadlier Religion. All Rights Reserved. Used with Permission. www.sadlierreligion.com