

18th Sunday in Ordinary Time of the Year

(Exd.16:2-4,12-15,31,Eph 4:17,20-24, Jn.6:24-35)

THEME: REMEMBER, YOU HAVE A SOUL TO BE SAVED

In our readings of today, we are being called to bear in mind of the need for us to take care of our souls. Each and every one of us in this world is a composite of body and soul. As we take care of our bodies, we are also expected to take good care of our souls.

Sometime ago, I had a discussion with someone who told me that, he has not been to the sacrament of reconciliation for almost two years, he does not have time for prayers, and to be frank with me, he can not for now say where his Bible, Rosary, and other prayer books are. I asked him a question, “the shirt you are wearing now, can you wear it for one month without washing it?” he answered me “no, how can I do that.” I said “why not”, he replied to me, “it is going to smell, it will make me look dirty.” Then I said to him, “The same it is with our souls. When we fail to look after our souls, they become dirty.”

St. Paul, in our second reading today, reminds us that we are created according the likeness of God in true righteousness and holiness. He calls us to put away our old lives of sin, corruption and lust and to cloth ourselves with new lives in Christ, renewed in Spirit and mind.

In our gospel message, of today, Jesus is telling us, “not to work for the food that will perish, but for the food that endures for eternal life, which the Son of man will give to us.” That food that will endure forever is Jesus himself or life in Christ Jesus.

Brothers and sisters, we need to make out time for God. Let us take good care of our souls by living a good life. By allowing Jesus to take control of our lives. By coming close to God, through the Sacraments of Reconciliation and the Holy Eucharist we nourish our souls. The Bible tells us “...be holy in all you do, just as God who called you is Holy.... Be holy because I am holy says God” (1Pet.1:15-16)