

19th Sunday in Ordinary Time of the Year

(1Kgs. 19.4-8, Eph.4.30-5.2, Jn. 6.41-51)

THEME: DO NOT HURT YOURSELF. JESUS THE BREAD OF LIFE HAS COME TO PUT NEW LIFE IN YOU.

What is that burden in your heart that is trying to weigh you down? Are you getting tired of this world? What is that suffering in your life or in the life of your family that you want to complain about? Is it the problem of alcohol or drugs in your family? Are you getting tired of the sickness in your life or in your family? Do you still find happiness in your job or in your marriage? Why me, or why my family? Why is my own different? What is happening in the life of my children? Why is it that no one understands me? I can not even boast of my family and society is not even helping matters.

Beloved brothers and sisters in Christ, just like the prophet Elijah in our first reading today, we are filled with all these kinds of thoughts sometime in our lives. I want us to understand one thing, which is certain. You are not alone in these sufferings. Your God is with you. The Lord Jesus Christ you worship and put your faith in will not abandon you.

Jesus, through the gospel today is telling us that he is the bread of life. With Him in your life, you will have life again. That He is that bread of happiness, joy, bread of healing, bread of consolation, that bread of peace you are looking for. Come close to Jesus and hold onto Him, He will put a smile on your face again. He will make your star shine again. The nourishment that comes from friendship with Jesus, will put new life in you again.

The angel of God, that fed and strengthened the prophet Elijah is on his way today to your life and that of your family, to feed and to nourish you with that bread of life from God.

St. Paul is calling us today, through the second reading to put away from lives, that life of bitterness, anger, wrangling, slander, and malice. But to embrace the Godly life of kindness, forgiveness and to love one another. For this is what it means to be a child of God.

Once again, let us put away those complaints in our hearts and welcome Christ, the Bread of Life.