

### John 6:41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other. 'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. 'I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

*'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day.'*

"Give me persons who love and they will understand what I am saying. Give me persons who desire; who are hungry; who, after a pilgrimage in the wilderness, are thirsty and pine for the source of the eternal homeland; give me such persons and they will understand what I am saying. But if I speak to cold hearts, they do not know what I am talking about. Such were those who murmured among themselves."

St Augustine

## NINETEENTH SUNDAY

Year B

11th August 2024

*"Whoever Eats This Bread Will Live For Ever"*



Today we continue listening to John chapter Six - John's great teaching on the Eucharist. In today's passage, Jesus teaches that

**"No one can come to me, unless the Father draws him."**

How does the Father draw us? He draws us through the beauty and wonder of creation. He draws us through the love of neighbour. He draws us through his Word, found in the Scriptures, made flesh in his Son, Jesus Christ. We will never come to know the Lord, source & nourishment of our life, present in the Eucharist, until we first receive Him into our hearts through prayer and love

### Opening Prayer

Almighty ever-living God, whom, taught by the Holy Spirit, we dare to call our Father, bring, we pray, to perfection in our hearts the spirit of adoption as your sons and daughters, that we may merit to enter into the inheritance which you have promised.

### 1 Kings 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'O Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

We dip into the First Book of Kings, which together with Joshua, Judges, Ruth, Samuel and Two Kings are historical books telling of the history of Israel beginning with the reign of King Solomon (BC 970) to the destruction of Jerusalem in 587 by the Babylonians. Although much of the material is of ancient origin, it wasn't composed until after the event, completed around 538 - the return from exile. It must be said that Israel's kings do not come out in a good light. In today's passage, the Prophet Elijah is fleeing from king Ahab and his pagan wife, Jezebel. Earlier, Elijah had put Jezebel's prophets to death; now she is seeking his life! We hear how the Lord nourishes Elijah on his journey, as the Lord nourishes us on our pilgrim journey, with his own Body and Blood.

### Psalm 33(34):2-9

*I will bless the Lord at all times, his praise always on my lips;  
in the Lord my soul shall make its boast. The humble shall hear and be glad.*

*Glorify the Lord with me. Together let us praise his name.  
I sought the Lord and he answered me; from all my terrors he set me free.*

*Look towards him and be radiant; let your faces not be abashed.  
This poor man called, the Lord heard him and rescued him from all his distress.*

*The angel of the Lord is encamped around those who revere him, to rescue them.  
Taste and see that the Lord is good. He is happy who seeks refuge in him.*

### Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God as children of his that he loves and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

*“Be sealed with the gift of the Holy Spirit”* (Rite of Confirmation) “The image of sealing is a particularly rich one. It comes from a world in which someone's property was marked with his sign or brand, and especially sealed with his signet ring... Thus one could say that we have the name-tag of the Spirit upon us, and belong to him. But there is an additional significance in that the seal shapes the wax on which it is impressed, so that by its very form the object is appropriated and shaped to the owner.” (The Sunday Word – Dom Henry Wansbrough)

**Alleluia, alleluia!** If anyone loves me he will keep my word,  
and my Father will love him, and we shall come to him. **Alleluia!**

*(Gospel overleaf)*

### Prayer over the Offerings

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered and by your power you transform them into the mystery of our salvation.

### Prayer after Communion

May the communion in your Sacrament that we have consumed, save us,  
O Lord, and confirm us in the light of your truth.