



Friends of Jesus and Mary

XVIII Sunday in Ordinary Time

Exodus 16, 2-4. 12-15; Psalm 77; Ephesians 4, 17. 20-24; John 6, 24-35

Jesus feeds our spirit.

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus. And when they found him across the sea they said to him, "Rabbi, when did you get here?" Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal." So they said to him, "What can we do to accomplish the works of God?" Jesus answered and said to them, "This is the work of God, that you believe in the one he sent." So they said to him, "What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: *He gave them bread from heaven to eat.*" So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

Reflection

The crowd could not find Jesus so they sailed to Capernaum to search for Him. Do we seek Jesus with all our strength? Share.

For what reason did Jesus say they were searching for Him?

(Because they ate the bread He had multiplied until they were full.)

For what reason does Jesus want us to seek Him? (He wants us to seek Him because we love Him and believe He is God.) Jesus says to search for the food that nourishes our spirit. What food is this?

(The Eucharist: Jesus himself, present in the bread and wine,

consecrated during mass.) **They ask for a sign so they can believe. What does Jesus respond?** (Jesus reminds them that the manna that God sent the Israelites in the desert only satisfied their bodies. God now sends the bread from heaven that gives their spirit eternal life.) **Which, does Jesus say, is this bread?** (*I am the bread of life. whoever comes to me will never hunger, and whoever believes in me will never thirst.*)

We no longer have to eat or drink water? (We still have to eat and drink water; but now our spirit is full of God's life and love that takes us to eternal life. Jesus tells us that being united with Him gives us much more than the things of this world.) **Do you believe that Jesus is present in the Eucharist? Do you talk to Him so He can fill you with peace, love, joy, forgiveness...?"**

Activity

On the following page, choose the words which Jesus gives us when we talk to Him in the Eucharist to feed our spirit. On the other page, follow the arrows to reveal Jesus' message.

Prayer

Lord, sometimes what we desire is not what you desire for us. Teach me to believe firmly that Your living bread and your presence amongst us is what gives us life and true happiness. Always be my best friend. **Amen**

Song: Bread of Life, Christ Music Kids, (Ctrl Clck) <https://youtu.be/UQ8jc2psEd4> (3-7 yrs.)

I am the Bread of Life, NIV (Ctrl Clck) <https://youtu.be/xdRDgaOgJIA> (8+ yrs.)

PPT: <https://drive.google.com/file/d/124mHzaOCvv4eD2PdeHSBsTFHMj3dPARX/view?usp=sharing>





Instructions: choose the words which Jesus gives us when we talk to Him in the Eucharist to feed our spirit so we may get to heaven.

MY FATHER Gives you

LOVE

ANGER

PEACE

FORGIVENESS

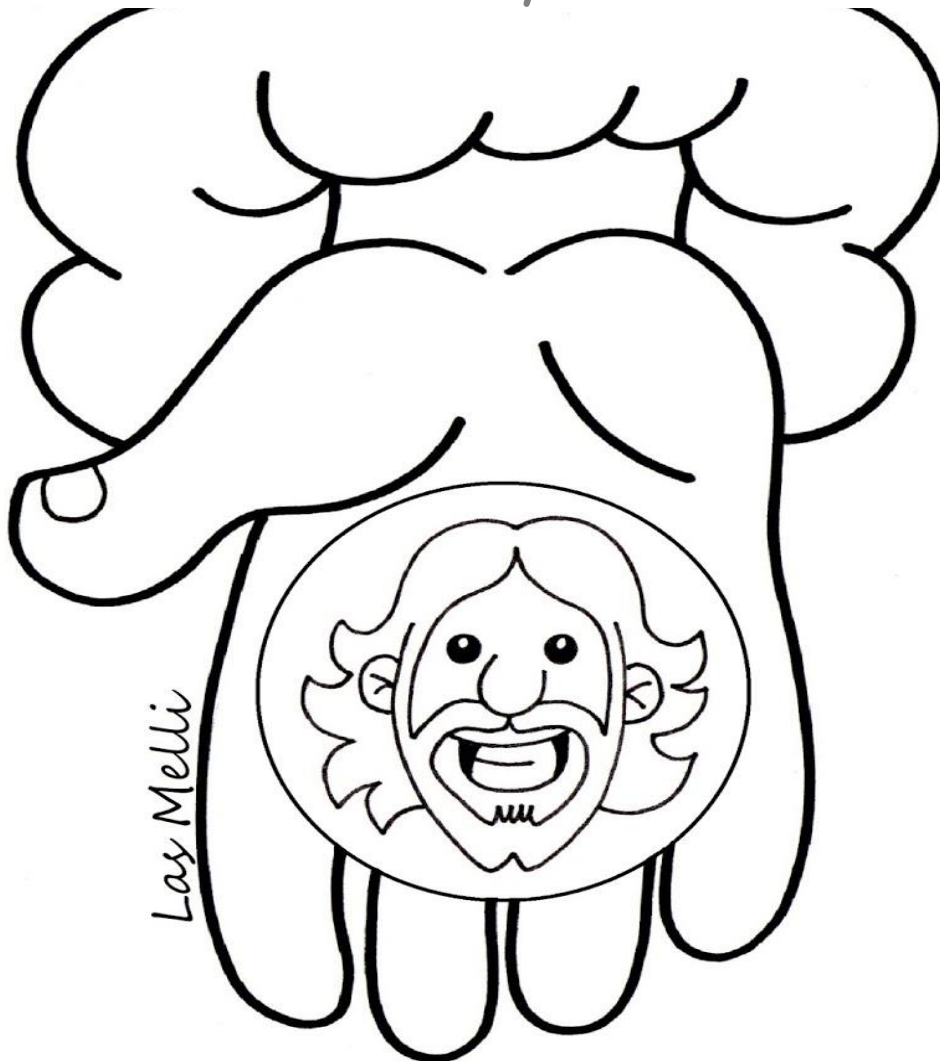
SELFISHNESS

GENEROSITY

PATIENCE

FAITH

LAZINESS



HATRED

ENVY

STRENGTH

JUSTICE

PIETY

PRIDE

HUMILITY

HOPE

Gluttony

...the true BREAD from HEAVEN
(John 6: 32)



Gospel: John 6, 24-35

Follow the arrows and write the words in the indicated boxes to reveal Jesus' message.

