

18th Sunday in Ordinary Time

In the gospel reading for this weekend, (John 6:24-35), Jesus speaks about the importance of seeking spiritual nourishment rather than just focusing on material needs. He uses the metaphor of bread to illustrate the idea that just as physical bread sustains our bodies, he is the "bread of life" that sustains our souls.

It is not only the body that gets hungry; the heart and spirit get hungry too. In fact, there is a deeper spiritual hunger that exists in all of us. We often seek fulfillment in temporary things like wealth, success, or relationships; but Jesus invites us to seek Him, the true source of lasting satisfaction and purpose. Jesus challenges us to look beyond the immediate gratification of our earthly desires and to prioritize our relationship with God.

Also, by Jesus proclaiming himself as the true bread of life, he was drawing a parallel between the manna that was given to the Israelites during their journey in the desert, and his own role in fulfilling the spiritual needs of humanity. This miraculous provision sustained them physically, but it also had a deeper spiritual meaning. The manna was a symbol of God's faithfulness, his provision, and his presence among his people.

Therefore, by partaking in the "bread of life," we are nourished spiritually and find true meaning and fulfillment in our lives. Our focus should be on the eternal rather than the temporary- on the central role of Jesus in meeting the spiritual hunger and thirst of humanity. We are to seek nourishment for our souls in the teachings and presence of Jesus, and to find true fulfillment in him.