

Eighteenth Sunday in ordinary time

A lawyer visits his client in jail. 'I have got the good news and bad news,' he says. Give me the bad news first, says the prisoner. Your blood was found at the scene of crime. 'Replies the lawyer. So, what is the good news?' asks the prisoner.

Your cholesterol is quite low."

Dear friends,

In our human life, we look for so many things. We search and find that out. People travel and search for places which brings them happy. Human mind is always searching for something. Most of the times, we don't stop in searching. We are not satisfied with what we have or receive.

Today's readings help us to look for the real need in our life. To be a good disciple, we need the spiritual nourishment. Jesus gives the nourishment. He gives himself.

In the first reading, people were complaining about the food and being hungry, God takes care of our physical and spiritual needs. The Israelites were out in the desert, and they began to suffer from hunger. So great was their hunger that they longed for the 'good old days' of slavery in Egypt, when at least they had their fill of bread. What they did not know was that soon they would be eating "the bread of the mighty."

All of us are in a desert, so to speak, suffering from spiritual hunger. So great is this hunger that we long for the 'good old days' of innocence, when life seemed simple and all our needs were satisfied. Jesus comes to us in this desert and gives us "the bread of life" so that we shall never be hungry again.

In the Gospel, Jesus talks about accepting him in their midst not just as a miracle worker who will take care of their physical hunger, rather who is giving himself totally to them. this chapter is a conversation between Jesus and Jewish people to make them believe in Christ.

Today we all talk about spiritual hunger. People are longing to go to different places or different churches. The main thing is to believe in Jesus who gave us his life for us. we always ask for some signs. God has given a big sign of his love through his son. We need to believe in him. We sometimes expect the same sign that happened years ago.

Manna, the food was intended for the people of Israel. Now we have greater food through the Eucharist to quench our hunger. Jesus offered to satisfy the spiritual hunger of the people gathered around on one condition. They must believe Jesus is the "One," that is, the Messiah, sent with the message that God is a loving, holy, and forgiving Father, and

not a punishing judge. Belief in Jesus is not simple intellectual assent, but an authentic, total commitment to Him of loyalty and solidarity. There is no reference yet to eating His Body or drinking His Blood, which will come later.

Let us gain spiritual life and strength by properly receiving the Holy Eucharist: Receiving Jesus in the Holy Eucharist, gives us 1) courage to carry out God's work in the world, 2), help to live the life God wants for us, 3), inspiration to know the will of God in our lives, 4), a deeper understanding of the holy mystery of Christ's Real Presence in the Eucharist, 5), encouragement to love others and to strengthen the Faith community, 6), grace to overcome temptation and avoid sin, and 7), Joy and Peace of heart, in knowing that Christ lives in us and will bring us to God's Heavenly Kingdom. Hence, we must receive the Holy Eucharist with our whole minds and hearts. Let us never forget that the "Bread of Life" is the risen Jesus Christ Himself, not merely human bread. When we pray, "give us this day our daily bread," let us remember that the Holy Eucharist is not simply a "snack," such as we might eat at a party or at lunch. It is Food for our souls giving us a share in God's Own Life.

Quote from pope Francis

Multiply good works like the loaves and fishes, (Pope Francis July 26, 2015) "Jesus satisfies not only material hunger, but the most profound of hungers, the hunger for meaning in life, the hunger for God. In the face of suffering, loneliness, poverty and difficulties of so many people, what can we do? Complaining, does not solve anything, but we can offer what little we have. We certainly have a few hours of time, some talent, some expertise. ... Who among us, does not have his or her "five loaves and two fish"? If we are willing to put them in the hands of the Lord, we will bring a little more love into the world, a bit more love, peace, justice, and joy. God is able to multiply our small gestures of solidarity and make us partakers of his gift."