**Eighteenth Sunday in Ordinary Time**

August 5th 2018

**I am the Bread of Life**

St Paul is very forthright in his letter to the Ephesians…he says; ”I **urge** you in the name of the Lord, not to go on living an **aimless kind of life.**” You can imagine his exasperation! He warns that an **aimless kind of life** is not what we’ve learnt from Jesus. PREACH!! Let’s look at what we learn from Jesus in today’s Gospel.

1. **Superficial faith**

He challenges the crowd about WHY they have come to find Him. This passage in the Gospel comes just after the Feeding of the Five Thousand. He says that if they have just come for “all the bread you wanted to eat” then they have missed the point. We do this too. We can’t just seek out Jesus in a superficial way...it has to go much deeper than that. Do we seek Jesus with ALL of our being? Our hearts, mind, soul and strength?

**2) To know what God wants you to do...Jesus has to be involved!**

Jesus says in this Gospel that we MUST believe in the one God has sent in order to know what our plan and purpose is in our lives. Jesus is the bridge. The bridge between heaven and earth. He is our link.

**3) Jesus is the sign**

The people of Israel expect a sign like what happened in the Old Testament. They cannot see that Jesus Himself IS THE SIGN! He says ‘I am the Bread of Life’. Do we also look for other signs of faith when actually we find Jesus **THE** sign every time we go to Mass, or visit a Church with the Blessed Sacrament?

Catherine

SYMT