

# FAITH FOR SUNDAY

August 11, 2024 Year B

Nineteenth Sunday in Ordinary Time



## OPENING PRAYER

**+In the name of the Father and of the Son and of the Holy Spirit, Amen**

Father God, thank you for this time with you. May the Holy Spirit be upon me, that I may receive wisdom from your Word, be open to Your holy Will and give glory to You always. Through Christ our Lord, Amen

Our Father + Hail Mary + Glory Be

## LECTIO DIVINA

Invite the Holy Spirit - Read - Reflect - Respond in Prayer - Rest in Silence

### Gospel: John 6:41-51

The Jews murmured about Jesus because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets: *They shall all be taught by God.* Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

Jesus calls himself heavenly bread, and he did not mean it metaphorically. Jesus repeatedly appeals to the crowd by using Scripture. What do you think when Jesus says to 'eat this bread'? Think about the actions of eating and consuming. Do we accept Jesus as True Bread? Do we accept His Word? Can we say that Jesus is truly a part of us? As we receive Holy Communion, do we believe Jesus is in us? How do we go out into the world, knowing Jesus lives in us?

### Reading I: 1 Kings 19:4-8

Elijah went a day's journey into the desert, until he came to a broom tree and sat beneath it. He prayed for death saying: "This is enough, O LORD! Take my life, for I am no better than my fathers." He lay down and fell asleep under the broom tree, but then an angel touched him and ordered him to get up and eat. Elijah looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again, but the angel of the LORD came back a second time, touched him, and ordered, "Get up and eat, else the journey will be too long for you!" He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

Elijah journeys toward Mount Horeb as he is being actively pursued and is in need of food and strength. While in fear, Elijah begs to God for death. What does God do instead? What does this tell you about the nature of God? In those moments when you felt like given up, how has God sustained you?

# Notes

**RESPONSORIAL PSALM RESPONSE: Taste and see the goodness of the Lord.**

**Reading II: Ephesians 4:30- 5:2**

Brothers and sisters: Do not grieve the Holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ. So be imitators of God, as beloved children, and live in love, as Christ loved us and handed himself over for us as a sacrificial offering to God for a fragrant aroma.

Once again, the people are encouraged to live a life aligned with Christ. What do the Ephesians tell their audience? Why is it important not to grieve the Holy Spirit? How can we be fragrant aroma to the Lord?

### Feast days this week

**SUNDAY 11 NINETEENTH SUNDAY IN ORDINARY TIME**

**MONDAY 12 WEEKDAY**

**TUESDAY 13 WEEKDAY**

**WEDNESDAY 14 SAINT MAXIMILIAN KOLBE, PRIEST AND MARTYR, MEMORIAL**

**THURSDAY 15 ASSUMPTION OF THE BVM, SOLEMNITY **HOLY DAY OF OBLIGATION****

**FRIDAY 16 WEEKDAY**

**SATURDAY 17 WEEKDAY**

*reflect*

Am I a delightful aroma to the Lord?

*pray*

Father God, continue to change me that I may be pleasing to you always,  
Through Christ our Lord,  
Amen

*live*

Consider the offering we make of ourselves as we approach the Eucharistic banquet.