



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 6:51-58

Jesus said to the crowds: "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." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

Jesus ignores the quarrels and emphasizes the claim of who He is. We are to consume His flesh and blood which is true food and true drink. What does the Lord mean when He calls his flesh and blood 'true'? Consuming something provided by God is not enough to attain eternal life. The true food and true drink draws us through death into resurrection and fullness of eternal life. How do we experience lasting nourishment within?

Reading I: Proverbs 9: 1-6

Wisdom has built her house, she has set up her seven columns; she has dressed her meat, mixed her wine, yes, she has spread her table. She has sent out her maidens; she calls from the heights out over the city: "Let whoever is simple turn in here; To the one who lacks understanding, she says, Come, eat of my food, and drink of the wine I have mixed! Forsake foolishness that you may live; advance in the way of understanding."

The book of Proverbs opens with nine chapters that explore the pitfalls and delights of public service. Wisdom offers much in the way of intangibles: elegance, decorum and understanding. This reading uses a banquet imagery to speak of how refinement or maturity comes about. What role does wisdom play in maturity? Why is it necessary to have this understanding and knowledge when serving others?

Notes

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

Reading II: Ephesians 5: 15-20

Brothers and sisters: Watch carefully how you live, not as foolish persons but as wise, making the most of the opportunity, because the days are evil. Therefore, do not continue in ignorance, but try to understand what is the will of the Lord. And do not get drunk on wine, in which lies debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts, giving thanks always and for everything in the name of our Lord Jesus Christ to God the Father.

Ephesians called for imitating God by loving and being loved by others. Why is there a call to act cautiously? Why is it important to discern God's actions in our lives? What does this passage tell us about practicing virtues? Can you see how spiritual maturity leads to thanksgiving to the Lord?

Feast days this week

SUNDAY 18 TWENTIETH SUNDAY IN ORDINARY TIME

MONDAY 19 WEEKDAY

TUESDAY 20 SAINT BERNARD, ABBOT AND DOCTOR OF THE CHURCH, MEMORIAL

WEDNESDAY 21 SAINT PIUS X, POPE MEMORIAL

THURSDAY 22 THE QUEENSHIP OF THE BVM, MEMORIAL

FRIDAY 23 WEEKDAY [SAINT ROSE OF LIMA, VIRGIN]

SATURDAY 24 SAINT BARTHOLOMEW, APOSTLE, FEAST

reflect

Do I imitate Christ
in my actions?

pray

Father God, continue to
open my eyes that I may
walk in your ways,
Through Christ our Lord,
Amen

live

Seek to understand the
Lord's Will.