

# FAITH FOR SUNDAY

August 4, 2024 Year B

Eighteenth 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 6:24-35

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus. And when they found him across the sea they said to him, "Rabbi, when did you get here?" Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal." So they said to him, "What can we do to accomplish the works of God?" Jesus answered and said to them, "This is the work of God, that you believe in the one he sent." So they said to him, "What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: *He gave them bread from heaven to eat.*" So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

Jesus provided food but the people wanted to see a sign. He reminds them that He is the bread of life come down from heaven. What is he conveying to the people? Do we seek Christ as our source of all things? How can we be bread for others?

### Reading I: Exodus 16:2-4, 12-15

The whole Israelite community grumbled against Moses and Aaron. The Israelites said to them, "Would that we had died at the LORD's hand in the land of Egypt, as we sat by our fleshpots and ate our fill of bread! But you had to lead us into this desert to make the whole community die of famine!" Then the LORD said to Moses, "I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not. "I have heard the grumbling of the Israelites. Tell them: In the evening twilight you shall eat flesh, and in the morning you shall have your fill of bread, so that you may know that I, the LORD, am your God." In the evening quail came up and covered the camp. In the morning a dew lay all about the camp, and when the dew evaporated, there on the surface of the desert were fine flakes like hoarfrost on the ground. On seeing it, the Israelites asked one another, "What is this?" for they did not know what it was. But Moses told them, "This is the bread that the LORD has given you to eat."

God's chosen people crossed the Red Sea and finally experience deliverance from Egypt. They begin to complain about the lack of food. In our own lives, why is complaining detrimental to our relationship with God? While God hears their complaints, He does not punish them for their lack of faith. How has God fulfilled your needs?

# Notes

**RESPONSORIAL PSALM RESPONSE: The Lord gave them bread from heaven.**

**Reading II: Ephesians 4:17, 20-24**

Brothers and sisters: I declare and testify in the Lord that you must no longer live as the Gentiles do, in the futility of their minds; that is not how you learned Christ, assuming that you have heard of him and were taught in him, as truth is in Jesus, that you should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth.

St. Paul encourages people to no longer live as Gentiles. Their minds must be transformed. How have our minds been transformed knowing Jesus? How has your life matched the transformation of your mind? With transformed minds and wills, our actions and thoughts will align with God's ongoing work in the world, to be signs of righteousness and holiness.

**Feast days this week**

**SUNDAY AUGUST 4 EIGHTEENTH SUNDAY IN ORDINARY TIME**

**MONDAY 5 WEEKDAY**

**TUESDAY 6 THE TRANSFIGURATION OF THE LORD**

**WEDNESDAY 7 WEEKDAY**

**THURSDAY 8 ST. DOMINIC, PRIEST MEMORIAL**

**FRIDAY 9 WEEKDAY**

**SATURDAY 10 ST. LAWRENCE, DEACON AND MARTYR, FEAST**

*reflect*

Does my mind and actions line up with God's will or am I a follower of the world?

*pray*

Father God, as you give and transform me, help me to give to transform others, Through Christ our Lord, Amen

*live*

Recognize the gifts God gives you to share with others, so that they see Him.