



(Food for thought: Gospel: John 6: 41-51)

“Get up and Eat”

Throughout the last several weeks, the Scripture Readings create a mosaic depicting the sublime mystery of the Eucharist. The narrative shows us how carefully the seeds of this mystery were planted in the early stages of Salvation History. Discouragement, fear, disappointment and frustration can all lead to a first response of shock and rejection. Elijah felt it – and those who first witnessed Jesus' words and works felt it.

In some ways, perhaps in many ways, we act the same like those ancient Israelites. We grumble. Perhaps we grumble over our jobs, our neighbors, or

about far more important aspects of our lives. If we grumble enough, we will see negativity everywhere. It is easy to be negative. It is also contagious. One negative thought leads to another. One negative person easily infects another.

But we have been gifted with the eternal positive. The Word of God has become one of us. He who from the beginning of time has had an intimate relationship with the Father, shares his life with us. St. Paul could have had plenty of reason to grumble. He was mocked, insulted, scourged, beaten, etc. Yet he writes to the Christians at Rome, "I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us."

In the Gospel reading, Jesus is telling us that we have nothing to fear - that we should not be discouraged. He is the

One the world has been waiting for. He is the One whose gaze has been turned towards the Father for all eternity. He is the only One who has seen the Father. He is the only One who can give eternal life to those who believe.

We are the people of the promise. Paul speaks about the necessity for a positive attitude to the Christians at Corinth: "For the Son of God, Jesus Christ, whom we proclaimed among you, was not "Yes and No"; but in him it is always "Yes."

The angel of God calls to us as to Elijah the prophet: "*Get up now and come to the table to eat this food - or else the journey will be too long for you.*"



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