

(Food for thought: Gospel: John 6: 24-35)

Being nourished with
the words of the faith.

1 Timothy 4:6

Words

“Sign & Substance”

The Gospel reading this weekend is a continuation of the story of the feeding of the multitude - the sign that Jesus gave, nourishing the people not only with his words, but with something very substantial... something they could touch, taste and assimilate. The crowd was truly hungry for Jesus' words. They had followed him and had come from all walks of life, to listen to his words; and so he rewarded them by removing their spiritual hunger and, with the bread that he provided, their bodily hunger.

He offers two types of bread: the one that is life and that gives us life, and the one that sustains our physical body.

Our hunger of spirit will be satisfied. St. Paul tells us that it is through this Bread of Life that Jesus brings about the renewal of our minds and hearts; He enables us to know him, his values, his character, his nature, his truths in an intimate way, and so "learn Christ." It is this relationship of knowing him that removes the hunger of spirit. We would do well to re-examine Jesus' advice to the crowd to re-evaluate their lives and to not continue to expend their energies on things which do not satisfy.



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