

Nineteenth Sunday in Ordinary Time

August 12, 2018

First Reading ~ 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.

Psalm 34

Taste and see the goodness of the Lord.

I will bless the LORD at all times;
his praise shall be ever in my mouth.
Let my soul glory in the LORD;
the lowly will hear me and be glad.

Glorify the LORD with me,
Let us together extol his name.
I sought the LORD, and he answered me
And delivered me from all my fears.

Look to him that you may be radiant with joy.
And your faces may not blush with shame.
When the afflicted man called out, the LORD heard,
And from all his distress he saved him.

The angel of the LORD encamps
around those who fear him and delivers them.
Taste and see how good the LORD is;
blessed the man who takes refuge in him.

Second Reading ~ 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.

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."



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I Am The Bread Of Life

I am the Bread of life.
 You who come to me shall not hunger;
 and who believe in me shall not thirst.
 No one can come to me unless the Father beckons.

*And I will raise you up, and I will raise you up,
 and I will raise you up on the last day.*

The bread that I will give
 is my flesh for the life of the world,
 and if you eat of this bread,
 you shall live for ever, you shall live for ever.

Detail: Sr. Suzanne Toolan Tune: Arr. by Richard Proulx; © 1966, arr. © 2008, GIA Publications, Inc.

Psalm 34

*Taste and see. Taste and see the goodness of the Lord.
 Oh, taste and see. Taste and see,
 The goodness of the Lord, of the Lord.*

Strength for the Journey

*I will be, I will be, I will be strength for the journey.
 I will be, I will be, I will be strength for the journey.*

There is a road meant for you to travel.
 Narrow and steep is the shepherd's way,
 and as you say, "Yes," letting me guide you,
 I will be strength for the journey.

There is a cross meant for you to carry.
 There is a cross meant for you alone,
 and as you bow down in humble surrender,
 I will be strength for the journey.

How many times have you doubted my word?
 How many times must I call your name?
 And as you say, "Yes," letting me love you,
 I will be strength for the journey.

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“Ground Rules” for Small Group Faith Sharing

- Maintain confidentiality – “Whatever happens in small group stays in small group.”
- Judgment-free zone – You don’t have to agree with everyone, but you have to have respect for everyone.
- No “shut downs” or “put downs” – See Christ in one another, BE Christ to one another.
- Don’t be a “discussion hog” – Be sure that everyone that wants to gets a chance to share.
- Leave room for the Spirit – Silence is OK! Not everyone has to share.
- Practice active listening – Avoid interrupting, fidgeting, criticizing, lecturing, or thinking of what you’re going to say while another person is speaking.
- Questions are a guide - You do not have to answer all of them or go in order.
- Be open – God is doing amazing things!

Petitions

Our response: “Lord, you are the bread of life.”

Closing Prayer

God, our Father and provider,
 whose Son has given his flesh for
 the life of the world, sustain your
 pilgrim Church on its journey with
 the word of life and the bread of
 heaven. Draw us nearer to him in
 whose name we gather, that,
 following his way of sacrificial
 love, we may come to the banquet
 of eternal life. Grant this through
 our Lord Jesus Christ, your Son,
 who lives and reigns with you in
 the unity of the Holy Spirit, God for
 ever and ever. Amen.



Questions for Reflection on the Gospel

1. What word, image, or phrase struck you from the Gospel?
2. In the Gospel, the crowd murmured when Jesus said he was the bread that came down from heaven. How do you think the crowd knowing Jesus’ mother and father impacted its willingness to believe him? Is it easy to accept a “prophet” in your own circle of acquaintances?
3. When have you been nourished by the “bread” of kindness, of forgiveness, of wisdom that another offered to you?
4. In the First Reading, God sent help to Elijah in the form of an angel. Who are the “angels” in your life? How are you called to be the “hearth cake” for someone in a desperate situation?
5. In the Second Reading, we are called to be “imitators of God”. How are we to do this? Do you know any “imitators of God?” What kinds of things did/do they do?
6. Read Pope Francis’ words below. What do you make of what he says in light of the Gospel? What is one way Jesus gives his flesh for the life of the world right now?

Words from our Holy Father

As we are nourished by the Body and Blood of Christ, we are assimilated with him; we receive his love within us, not to hold it back selfishly, but rather to share it with others. ... Indeed in it we contemplate Jesus, Bread broken and offered, Blood poured out for our salvation. It is a presence which ... ignites the desire to make ourselves, too, in union with Christ, bread broken and blood poured out for our brothers and sisters.

-Pope Francis, Angelus Saint Peter’s Square, 6/3/18