

"Walking with Christ."

I am the Bread of Life...

By: Deacon Rick Lawlor

As he was preparing for another fight, George Foreman the heavyweight champion of the world was standing on his hotel room balcony contemplating the meaning of life and trying to understand why he felt so empty. Here is a man that is very rich and successful, he owned many homes, he had lots of money in the bank, he owned over twenty cars and he even invented the George Foreman grill that can cook the perfect steak! So here is a man that had everything and yet he was contemplating jumping off that balcony that day. He was empty, his life was empty and he was spiritually starving to death. He knew there was more to life, he knew there was more to this journey than money and fame. It was on this day in 1977 Jesus Christ entered his heart and changed his life forever.

My friends, in our gospel this weekend Jesus is confronted by a crowd and they ask him for a sign or a miracle, some kind of proof that he is God, the one true God. Jesus points to our first reading where the Israelites ate manna in the dessert, bread from heaven, life saving bread that comes from God. But on this day Jesus is explaining to them that it was his father that gave them this bread, not Moses. Jesus is the true bread, the bread of God. Jesus is the new manna, as he explains *"I am the bread of life"* whoever comes to me will never hunger and whoever believes in me shall never thirst. On this day the crowd asked Jesus for a sign and his answer, that you believe in the one he sent. Do not work for food that perishes, rather work for food that endures for eternal life. Jesus is the bread of life and everything we have comes from God and we need to think about that.

Just as George Foreman was pursuing the false gods of fame and fortune, we too often times chase these various and many false gods, and in doing so we begin to starve. For when we chase the goods of the world we forget God and the reason we are here in the first place. We forget to nourish our spirit with the word of God and the Bread of life. We forget Jesus and when George Forman realized this it saved his life, it literally saved his life.

Therefore, my friends, we too must nourish our spirits, we must be fed with the bread of life, the Eucharist. Jesus saves us from starvation as he feeds us with bread from heaven, spiritual nourishment that keeps us healthy for this difficult journey. Turn to Jesus this day, receive the bread of life and be saved.

May Almighty God Bless you today and Always.

