

GOSPEL PEARLS

Reluctance and perplexity

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The Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.' He taught this doctrine at Capernaum, in the synagogue. (John 6, 52-59)

Life and resurrection come from the flesh and blood of Christ, which we take as food and drink in the Eucharist. We must trust in what the Lord promised, overcoming all reluctance and perplexity. If possible, visit a church today and spend at least five minutes in adoration before the Blessed Sacrament to thank the Lord for having offered His life for you.