

## GOSPEL PEARLS

# The bread of life

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*After Jesus had fed the five thousand, his disciples saw him walking on the water. Next day, the crowd that had stayed on the other side saw that only one boat had been there, and that Jesus had not got into the boat with his disciples, but that the disciples had set off by themselves. Other boats, however, had put in from Tiberias, near the place where the bread had been eaten. When the people saw that neither Jesus nor his disciples were there, they got into those boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered: 'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.' Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' (John 6,22-29)*

Deciding to follow Jesus because He multiplied the loaves is easy and immediate, but it's food that only feeds us temporarily. Instead, the food that lasts for eternal life is the bread of heaven, that is, Jesus Christ Himself, which we must receive in faith. In fact, Faith is necessary to receive Jesus as the Bread of life. Do you take communion like a tired habit or do you prepare yourself spiritually before and after having taken it do you thank the Lord for having come to dwell in you?