

**GOSPEL PEARLS**

## The needs of the body and soul

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*The next day the crowd that had stayed on the opposite shore of the lake realized that only one boat had been there, and that Jesus had not entered it with his disciples, but that they had gone away alone. Then some boats from Tiberias landed near the place where the people had eaten the bread after the Lord had given thanks.*

*Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus. When they found him on the other side of the lake, they asked him, "Rabbi, when did you get here?" Jesus answered, "Very truly I tell you,*

*you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval." Then they asked him, "What must we do to do the works God requires?" Jesus answered, "The work of God is this: to believe in the one he has sent." (John 6: 22-29)*

Bread supports us in our mortal lives. In the same way, the Bread that descended from heaven (as Jesus present in the Blessed Sacrament of the Eucharist) sustains us. The bread drives us toward the eternal final purpose of our lives. Each day, when we pray the Our Father, let us contemplate the words "give us our daily bread today" while asking God faithfully for both the material and spiritual bread that nourishes both our body and soul.