

Reflections on John 6

Archbishop Naumann - Week 4



Gospel Reading - John 6: 51-58

"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." The Jews quarreled amongst themselves saying, "How can this man give us His flesh to eat?" Jesus said to them, "Amen, amen, I say to you. Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life and I will raise him on the last day. For my flesh is true food and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him, just as the living Father sent me and I have life because of the Father. So also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

***My God and Savior
Jesus Christ,
true God and true Man,
I firmly believe that you
are really and bodily
present in the Blessed
Sacrament of the Altar.
From the depths
of my heart,
I adore You.***

Reflection Questions:

1. How do you live as the Body of Christ in the world?
2. Do you have a strong fear of death? Why or why not?
3. What does it mean to you to "remain in Jesus"?
4. Where do you see Christ's love present in your world?
5. How do you feel renewed in the hope of the living Christ?
6. When have you witnessed the power of joy or hope in suffering?

How does this Scripture passage affirm my belief in the Real Presence of Christ in the Eucharist?