

1. Read — Read the verses slowly and prayerfully several times. Write down any words or phrases that seem to stand out:

2. Meditate — Now begin to reflect on the verses and ask God what it means and how he wants to speak to you through the passage. **God what are you saying to me through this?**

3. Pray — Respond from your heart to what God has been saying to you. **What do you want me to know?** Write down your prayer to him or record whatever he says to you.

4. Contemplate — Be quiet before the Lord enjoying His presence.
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**How is God calling you to act in response to what he has shown you?**

# Quick Connect

**What is the Gospel saying? John 6:60-69** — Page 1

**What is the Church saying Past and Present?** Pages 1-3

**What is God saying to you through this passage?** Page 4

## 21<sup>st</sup> Sunday of Ordinary Time [John 6:60-69]

Many of Jesus disciples who were listening said, “This saying is hard; who can accept it?” Since Jesus knew that his disciples were murmuring about this, he said to them, “Does this shock you? What if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are Spirit and life. But there are some of you who do not believe.” Jesus knew from the beginning the one who would not believe and the one who would betray him. And he said, “For this reason I have told you that no one can come to me unless it is granted him by my Father.” As a result of this, many of his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, “Do you also want to leave?” Simon Peter answered him, “Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God.”

## Spiritual Reading – 19<sup>th</sup> Sunday of Ordinary Time

*From a dialogue On Divine Providence by Saint Catherine of Siena, virgin*

My sweet Lord, look with mercy upon your people and especially upon the mystical body of your Church. Greater glory is given to your name for pardoning a multitude of your creatures than if I alone were pardoned for my great sins against your majesty. It would be no consolation for me to enjoy your life if your holy people stood in death. For I see that sin darkens the life of your bride the Church – my sin and the sins of others. It is a special grace I ask for, this pardon for the creature you have made in your image and likeness. When you created man, you were moved by love to make him in your own image. Surely only love could so dignify your creatures. But I know very well that man lost the dignity you gave him, he deserved to lose it, since he had committed sin. Moved by love and wishing to reconcile the human race to yourself, you gave us your only-begotten Son. He became our mediator and our justice by taking on all our injustice and sin out of obedience to your will, eternal Father, just as you willed that he take on our human nature. What an immeasurably profound love! Your Son went down from the heights of his divinity to the depths of our humanity. Can anyone’s heart remain closed and hardened after this? We image your divinity, but you image our humanity in that union of the two which you have worked in man. You have veiled the Godhead in a cloud, in the clay of our humanity. Only your love could so dignify the flesh of Adam. And so by reason of this immeasurable love I beg, with all the strength of my soul, that you freely extend your mercy to all your lowly creatures.

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**Station 9 – Bread of Life Discourse**

Soon after the miracle of the loaves and fish, the crowds come to Jesus asking for more bread. Jesus takes this time to reveal that no bread can give them life except Jesus Himself. “I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. 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...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.” (Jn. 6:48-51:55-56)

**What is the connection to the Eucharist?** Jesus leaves no wiggle room here. He is speaking calmly but forcefully to all that can hear. He speaks the truth of the Eucharist. “It is no longer permitted to me to raise doubts about the true nature of the Body and Blood, for according to the statement of the Lord Himself as well as one faith, this is indeed Flesh and Blood.” “Let us in everything believe God, and gainsay him in nothing, though what is said be contrary to our thoughts and senses....Let us act wise in respect to the [Eucharistic] mysteries, not looking at the things set before us, but keeping in mind his words. For his word cannot deceive”

**Station 10 – The Last Supper**

This is what we have been leading up to. At the Passover meal, Jesus established the new Covenant, the new priesthood, and the Bread of Life. “When the hour came, he took his place at table with the apostles....Then he took the bread said the blessing, broke it, and gave it to them saying, ‘This is my body, which will be given for you; do this in memory of me.’ And likewise the cup after they had eaten, saying, ‘This cup is the new covenant in my blood, which will be shed for you.’”(Lk. 22:14, 19-20)

**What is the connection to the Eucharist?** Jesus makes the connection between Himself and the bread and the wine. The bread and wine become His body, blood, soul and divinity. “Even of itself the teaching of the Blessed Paul is sufficient to give you a full assurance concerning those Divine Mysteries, of which having been deemed worthy, you have become of *the same body* and blood with Christ. For you have just heard him say distinctly, *That our Lord Jesus Christ in the night in which He was betrayed, took bread, and when He had given thanks He broke it, and gave to His disciples, saying, Take, eat, this is My Body: and having taken the cup and given thanks, He said, Take, drink, this is My Blood.* Since then He Himself declared and said of the Bread, *This is My Body*, who shall dare to doubt any longer? And since He has Himself affirmed and said, *This is My Blood*, who shall ever hesitate, saying, that it is not His blood?”

**Station 11 – Emmaus**

After His glorious resurrection, Jesus first comes to two disciples who were walking to Emmaus. He first reveals Himself first to them before anyone else. He reveals to them that He is truly the risen Lord in the breaking of the bread. “And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight.” (Lk. 24:30-31)

**What is the connection to the Eucharist?** Jesus reveals Himself fully in the Eucharist. We have to be of great faith to see Jesus in the Most Blessed Sacrament. “Lord, when You walked with the disciples on the road to Emmaus, You listened to all they had to say. Besieged by their own worries and disappointment, they did not recognize You as the One of Whom they spoke. They did not recognize You until ‘the Breaking of the Bread.’ Their eyes were then opened, but You had vanished from their sight. In the Holy Eucharist, though not visible to our bodily sight, we recognize You in “the Breaking of the Bread.” As we listen in silent adoration, our hearts — like those of Your disciples — burn within us. And we repeat to You now the disciples’ plea and bid You to stay with us; for it is nearly evening. Stay with us, Lord, and may we always be with You.”

**Station 12 – The Wedding Feast of the Lamb**

Although the Eucharist is a great and underserving Sacrament from God, it is still only a foretaste of Heaven. The total fulfillment of Jesus and His second coming has not yet happened. The Book of Revelation gives a glimpse into the beauty that awaits us in Heaven where we will celebrate the great Eucharist Feast of the Paschal Lamb. “Alleluia! The Lord has established his reign, [our] God, the almighty. Let us rejoice and be glad and give him glory. For the wedding day of the Lamb has come, his bride has made herself ready. She was allowed to wear a bright, clean linen garment. (The linen represents the righteous deeds of the holy ones.)...Blessed are those who have been called to the wedding feast of the Lamb.” (Rev. 19:7-8)

**What is the connection to the Eucharist?** Jesus is the Lamb. We are going to our eternal wedding feast with Him. It is the Heavenly Mass. “The Church knows that the Lord comes even now in his Eucharist and that he is there in our midst. However, his presence is veiled. Therefore we celebrate the Eucharist ‘awaiting the blessed hope and the coming of our Savior, Jesus Christ,’ asking ‘to share in your glory when every tear will be wiped away. On that day we shall see you, our God, as you are. We shall become like you and praise you forever through Christ our Lord.” “When you see [the Body of Christ] set before you, say to yourself: ‘Because of this Body I am no longer earth and ashes, no longer a prisoner, but free: because of this I hope for heaven, and to receive the good things therein, immortal life, the portion of the angels, converse with Christ: This Body, nailed and scourged, was more than death could stand against...This is even that Body, the bloodstained, the one pierced, and that out of which gushed the saving fountains, the one of blood, the other of water, for all the world...This Body has He given to us both to hold and to eat: a thing appropriate to intense love.’”