

Daily Mass Homily
27 April 2020
Monday of the Third Week of Easter –

“The Good Shepherd has risen, who laid down his life for his sheep and willingly died for his flock, alleluia.”

Reading 1: Acts 6:8-15

Psalm 119: **Blessed are they who follow the law of the Lord!**

Gospel: John 6:22-29

Homily for Monday of the Third Week of Easter

In order to function at our best, we need to make sure that we are taking care of our bodies. We need to make sure that we are carrying out a few basic things. We need to make sure that we are sleeping, getting our rest. We need to be sure that we are keeping busy, not just sitting about doing nothing, we need to make sure that we are drinking enough water and making sure that we are eating healthy foods. As always, the list could go on for a bit more, but I think that you get the point.

As we carry out these tasks of self-care, it is important that we choose healthy ways to fulfill these tasks. When we sleep, it is better to sleep in a good bed where it is dark and quiet and there is an optimal sleeping temperature.

Sleeping on the sidewalk in the middle of a hot summer day at rush hour is not going to provide your body with the rest that it needs to function well.

The same is true about food. We need to make sure that we are drinking clean and safe water to keep hydrated. Drinking dirty water or a 6 pack of soda is not going to be the best at hydrating you. Eating a box of cheese crackers and a box of See's Candies will certainly give you energy for a short time, but will not be good for your body, we need to be sure that we are taking in the right amount of fat, protein and carbs that will make sure that our bodies are working efficiently and does not have extra energy that it will need to store as fat. Why? If we have too unhealthy of a diet at some point it is going to catch up to us and we are going to have some severe health issues.

In our gospel today we are reminded that we are not to waste our time and energy working for food that does not last. We need to focus on the food that is going to give us long lasting energy and strength. Don't waste money on sugar water (soda) and just candy and fast food. It will feed us momentarily, but we soon be of no use. We need

to focus on those food that we keep us healthy for a long time.

Spiritually, don't waste your time with lies and untruths. Spend your energy and time focusing on Jesus and the truth, the only person and the only truth that will get you ever lasting life. Otherwise, what's the point?

During these days of COVID-19, we have been given extra time to focus on what is important. Let us work towards what will bring us eternal life, and not waste this precious time and opportunity that we have been given.