

April 18, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

LIFE OF THE WORLD

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

Jesus said to the crowds: "No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets: They shall all be taught by God. Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. 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."

JOHN 6:44-51

Reflection

The past two days my reflections have been on Jesus as the Bread of Life and joy. Today's readings continue this same theme. In this gospel passage from John, we are reminded that whoever believes has eternal life. Whoever partakes in the Eucharist will live forever.

This can seem like a checklist and once the items are ticked off, we're set for life. It is simply not this simple. God invites us, calls us, and we must respond with our lives. Through the sacraments we remain in right relationship with God. It requires a faith response, choices that confront us every day that lead to God or away from God.

In the community of believers, we can find support and companionship because as social beings, we need one another. We walk and live our faith as pilgrims on the journey. When one of us falters, we are there to lend support. This is where we are reminded to live our lives joyfully, remembering the promise of our God ... "You who believe in me have eternal life."

Life of the World

O Source of all being, we live and have our life in you. May the grace found in the life, death and resurrection of your Son be alive within us.

O living bread come down from heaven, may we live our lives in ways that express our deep belief in these holy words.

O flesh of the life of the world, may we find our spiritual strength through the sacrament of the Eucharist. Let us live as people of the resurrection and light.



Sidney, OH
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- How does your life speak to the core belief that we have life in and through Jesus?

- What are the choices you will make today that point to the power of the Holy Spirit working in you?
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For Prayer

*Creator God,
we are a Eucharistic people.
May our prayers reveal the joy we find in you
and may our actions speak to your love outpoured.
May we seek to bring God's love to all the ends of the earth – and beyond!
Amen.*

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