

May 7, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

BECOMING THE BREAD OF LIFE

By Lucy Dominguez

Today's Gospel

*Jesus said to the crowds,
"I am the bread of life;
whoever comes to me will never hunger,
and whoever believes in me will never thirst.
But I told you that although you have seen me,
you do not believe.
Everything that the Father gives me will come to me,
and I will not reject anyone who comes to me,
because I came down from heaven not to do my own will
but the will of the one who sent me.
And this is the will of the one who sent me,
that I should not lose anything of what he gave me,
but that I should raise it on the last day.
For this is the will of my Father,
that everyone who sees the Son and believes in him*

*may have eternal life,
and I shall raise him on the last day."*

JOHN 6:35-40

Reflection

"I am the bread of life," Jesus said, not once but repeatedly.

Bread is such a simple, everyday thing. Yet Jesus uses it to describe something deeply spiritual, deeply human: nourishment, presence, sustenance.

Think about it: When was the last time someone fed your soul? Not with food, but with love? With presence? With listening? With kindness, wisdom, or truth? Maybe it was the person who called you at just the right moment, the friend who let you cry without trying to fix anything. The teacher who believed in you when you had stopped believing in yourself. The stranger who smiled and reminded you that you still mattered. That's the kind of nourishment Jesus is talking about. That's the bread of life.

He came to embody this bread -- not just to offer it, but to be it. And the more we receive this bread, the presence, compassion, healing, and love of Christ, the more we're invited to become it ourselves. When we share our lives in love, hope, honesty, and kindness, we become bread for one another. We feed the hunger that can't be seen. We sustain each other in the journey.

So today, receive the bread of life wherever it is offered to you, in presence, in love, in truth. And become that bread for someone else.

Let your life be nourishment. Let your presence be sustaining. Let your love become bread.

Let us live and be the bread of life.



Wheat Beside Brown Wooden Rolling Pin
Photo by Clicker Happy

For Pondering

- How have you been nourished by the presence, words, or actions of others? Who has offered you the bread of life through their care, wisdom, or love?
 - How can you become the "bread of life" for others, offering nourishment through your presence, kindness, and support?
 - Reflecting on Jesus' words, "I am the bread of life," how can you deepen your relationship with Christ so that you are more fully nourished, both in body and spirit, and able to share that nourishment with others?
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For Prayer

Becoming Bread for the World

*Loving God,
You sent Jesus to be the Bread of Life, nourishment for the weary, hope for the despairing, and presence for the lonely.
We thank You for the countless ways You feed us: through the kindness of a friend, the wisdom of a mentor, and the compassion of a stranger.
These moments remind us that Your love is alive and active in our daily lives.*

*As we receive this sustenance, help us to become bread for others.
May our words uplift, our actions heal, and our lives reflect Your grace.
Empower us to be present, listen deeply, and love unconditionally so that
others may taste and see Your goodness through us.
In becoming bread for the world, may we fulfill Your will and bring glory to
Your name.
Amen.*

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