

May 6, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

HUNGERS OF THE HEART

By Lucy Dominguez

Today's Gospel

The crowd said to Jesus:

"What sign can you do, that we may see and believe in you?

What can you do?

Our ancestors ate manna in the desert, as it is written:

He gave them bread from heaven to eat."

So Jesus said to them,

"Amen, amen, I say to you,

it was not Moses who gave the bread from heaven;

my Father gives you the true bread from heaven.

For the bread of God is that which comes down from heaven

and gives life to the world."

So they said to Jesus,

"Sir, give us this bread always."

Jesus said to them, "I am the bread of life;

whoever comes to me will never hunger,

and whoever believes in me will never thirst."

JOHN 6:30-35

Reflection

One evening, my six-year-old came into the kitchen and said, "Mom, I'm hungry." I told him dinner was almost ready and asked him to wait a few more minutes. "But I'm really hungry," he insisted, and with determination, he walked to the pantry, opened the door, and pointed: "May I have a bag of Goldfish!"

Don't we all sometimes feel like that? We want the quickest fix, the easiest solution, and fast food to satisfy our hunger. And while it might work temporarily, there's something hollow about it. It's like living in a rush, seeking to fill an emptiness without addressing what we're longing for.

The crowds in today's Gospel are much like that. After witnessing Jesus multiply the loaves and fishes, they were satisfied for the moment, but their hunger returned. The next day, they sought Jesus again, asking, "What sign can you do so that we may see and believe in you?" They wanted more of the same: loaves, fish -- quick, temporary satisfaction.

Jesus, however, directs their attention beyond the immediate hunger of the body. He offers them a deeper, more lasting nourishment. "I am the bread of life," He says. He is the true sustenance, the one who can quench the hunger that runs deeper than the stomach, the soul's hunger. Jesus invites them (and us) to seek more than temporary satisfaction. He is offering Himself as the fulfillment of our deepest longing.

So often, we find ourselves reaching for things that only temporarily fill the void. Like my son wanting a quick snack, we turn to distractions or surface-level solutions when what we truly need is something deeper. Our lives, relationships, work, and search for meaning can sometimes leave us feeling empty, even when we are "full." We can eat, but we still hunger for purpose, for connection, for love.

Jesus asks us to choose what we feed ourselves. Are we settling for quick fixes? Are we reaching for the bag of Goldfish crackers that offer immediate relief but no lasting satisfaction? Or are we willing to come to Him, the bread of life, and receive the nourishment that endures?

As we reflect on this Gospel, let's ask ourselves: What are we hungry for today? What do we turn to when we feel empty or unfulfilled? And how can we open

ourselves to the deeper nourishment that only Jesus can provide?

Jesus offers us the true bread, His presence, His love, His peace. He invites us to not only receive this bread but also to become it. Just as He is the bread of life, we are called to become bread for others, sharing His love, compassion, and mercy. Just as a sourdough starter is meant to grow and be shared, so are we called to spread the life and nourishment we receive from Jesus. We are called to be the bread that feeds the hungry in the world.



Colorful Goldfish Snacks
Photo by Em Hopper

For Pondering

- Where are you reaching for "quick fixes" instead of allowing yourself to be nourished by what truly sustains you?

- What does the "bread of life" look like for you right now -- where is Jesus inviting you to slow down and receive deeper nourishment?

For Prayer

*Jesus, first one blessed and broken,
make of me a good handful of dough,
one who trusts enough to be kneaded,
one who loves enough to be shared.*

JOYCE RUPP

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