**The Feast of the Body and Blood of Christ (Year C).** **Gen. 14:18-20; 1 Cor. 11:23-26;** **Luke 9:11b-17. June 19, 2022.**

**Do you hunger for God and for the abundant life he offers you through Jesus Christ?**

**What is the significance of this miracle?** The miraculous feeding of such a great multitude pointed to God's provision of manna (bread) in the wilderness for the people of Israel under Moses' leadership.

Hence in the new dispensation, it depicts a sign of God's great generosity and goodness towards us. In other words, Jesus' feeding of the five thousand is a sign of God's generous care and provision for his people. Indeed, when God gives, he gives abundantly. He gives more than we need for ourselves so that we may have something to share with others, especially those in need. That is to say, God takes the little we have and multiplies it for the good of others.

**Lesson:** That’s why in the Scriptures, Jesus makes a claim only God can make: He is the "bread of life" (John 6:35) and the "true bread of heaven" that sustains us now and for all eternity (John 6:58). By this gesture, Jesus made himself an offering and sacrifice, a perfect gift that was truly pleasing to the Father in heaven. He "offered himself without blemish to God" (Hebrews 9:14) and "gave himself as a sacrifice to God" (Ephesians 5:2). Jesus established the Lord's Supper and Eucharist as a memorial of his death and resurrection and he commanded his disciples to celebrate it until his return again in glory.

**Conclusion:** Therefore, the Holy Eucharist is, “The food that makes us live forever in Jesus Christ". When we receive from the Lord's table, we unite ourselves to Jesus Christ, who makes us sharers in his body and blood. Ignatius of Antioch (35-107 A.D.) calls it the "one bread that provides the medicine of immortality, the antidote for death, and the food that makes us live forever in Jesus Christ" (Ad Eph. 20,2). This supernatural food is healing for both body and soul and strength for our journey heavenward.

**Question:** When you approach the Table of the Lord, what do you expect to receive? Healing, pardon, comfort, and rest for your soul? The Lord has much more for us, more than we can ask or imagine. The principal fruit of receiving the Eucharist is an intimate union with Christ. As bodily nourishment restores lost strength, so the Eucharist strengthens us in charity and enables us to break with disordered attachments to creatures and to be more firmly rooted in the love of Christ. Hence, “Do you hunger for God and for the abundant life he offers you through Jesus Christ?”

**Prayer:** Lord Jesus, you nourish and sustain us with your very own presence and life. You are **the "Bread of Life"** and the **"Cup of Salvation".** May I always hunger for you and be satisfied in you alone.