



# Christ in Our Neighborhood

## Prayer

Loving Father, You have prepared a table before us. May we recognize the unmerited gifts You have provided and always give thanks to You, through Your Son, Jesus Christ, who lives and reigns with You and the Holy Spirit, One God, forever and ever. Amen.

## Commentary

### 2nd Reading: Ephesians 4:30-5:2

Sometimes, there can be infighting among those of us who are called Christian.

## Commentary

### 1st Reading: 1 Kings 19:4-8

It is easy to be discouraged when we fail to do God's will. Our repeated sins and failings can bring us to depression. But, what if we are doing God's will and we still do not see signs of success? This is what we face in our First Reading.

The Prophet Elijah is commanded by God to stand against the King of Israel who is following false gods. Even after proving through various miracles that God is more powerful than any false god made by human hands, Elijah is threatened to be killed by the king.

Feeling as though he has failed, Elijah wants to curl up and die. God will not have it. After some urging from an angel of God, Elijah eats and drinks what the Lord provides and is strengthened to continue on his journey.

This reading fits well within our ongoing theme — The Banquet of the Lord. Truly, our Lord offers us a banquet of food for our journey. Without the Lord's sustenance, we would certainly die.

## Question

Have you ever felt as though you had let God down?

How has God strengthened you to continue?

## 19th Sunday in Ordinary Time

When we forget that we are on the same mission, there is a risk to be parochial and territorial. This, of course, is not new. Even Saint Paul had to address this in his Letter to the Ephesians.

We are urged not to “grieve the Holy Spirit of God,” who calls us to unity and communion. As the angel showed compassion toward Elijah, we must be

“kind to one another, compassionate, [and] forgiving.”

We are on the same journey. No one holds the corner market on the mission of Christ. Sharing the one Bread of Life, we are all in communion and we all “live in love as Christ loved us.”

## Question

How do you support other Christians on our common mission toward communion with God?

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## Commentary

### Gospel: John 6:41-51

Recall the days when the Israelites murmured against Moses and God when they wandered in the desert. The word, “murmur,” is repeated in this Gospel passage.

The people murmured against Moses, questioning his authority. The people murmur against Jesus questioning his credentials. “Is he not the Son of Joseph?” As was the case for Moses, or Elijah in our First Reading, Jesus is also ridiculed for claiming to be sent by God.

Of course, we know that Jesus is greater than Moses and Elijah. While Moses gives the law of God and Elijah is the great prophet of God, Jesus IS God. Unlike Moses who provided bread. Jesus IS the Bread of Life. While Elijah was urged in our First Reading to take food so he could continue on his journey, Jesus IS the food we need to continue on our journey.

Entrusted with a mission toward communion with God, we are supported and sustained by Jesus, the true Bread of Life. Let us feast on Him at the Table of the Lord!

## Question

How does the Bread of Life support and sustain you on your journey?

## This Week's Task

Within this six-week theme on The Banquet of the Lord, we are reflecting on the Bread of Life Discourse. The Bread of Life Discourse is an episode in the life of Jesus which appears in the Gospel of John 6:22-59.

Consider reading the Bread of Life Discourse in its entirety. Take some time to really reflect on the power of this Gospel passage and see what love Jesus has for us as He gives to us His very life in the Eucharist.

## Prayer

The group prays the ANIMA CHRISTI.

Soul of Christ, sanctify me,  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds hide me.  
Permit me not to be separated from Thee.  
From the malicious enemy defend me.  
In the hour of my death call me,  
And bid me come to Thee,  
That, with thy saints, I may praise Thee,  
For ever and ever.  
Amen.

The prayer continues with Psalm 34

## Psalm

**Taste and see the goodness of the Lord.**

I will bless the LORD at all times;  
his praise shall be ever in my mouth.  
Let my soul glory in the LORD;  
the lowly will hear me and be glad.

**R. Taste and see the goodness of the Lord.**

Glorify the LORD with me,  
Let us together extol his name.  
I sought the LORD, and he answered me  
And delivered me from all my fears.

**R. Taste and see the goodness of the Lord.**

Look to him that you may be radiant with joy.  
And your faces may not blush with shame.  
When the afflicted man called out, the LORD heard,  
And from all his distress he saved him.

**R. Taste and see the goodness of the Lord.**

The angel of the LORD encamps  
around those who fear him and delivers them.  
Taste and see how good the LORD is;  
blessed the man who takes refuge in him.

**R. Taste and see the goodness of the Lord.**

**Conclude with an Our Father**