

1. Read — Read the verses slowly and prayerfully several times. Write down any words or phrases that seem to stand out:

2. Meditate — Now begin to reflect on the verses and ask God what it means and how he wants to speak to you through the passage. **God what are you saying to me through this?**

3. Pray — Respond from your heart to what God has been saying to you. **What do you want me to know?** Write down your prayer to him or record whatever he says to you.

4. Contemplate — Be quiet before the Lord enjoying His presence.
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**How is God calling you to act in response to what he has shown you?**

# Quick Connect

**What is the Gospel saying? John 6:41-51** — Page 1

**What is the Church saying Past and Present?** Pages 1-3

**What is God saying to you through this passage?** Page 4

## 19<sup>th</sup> Sunday of Ordinary Time [John 6:41-51]

The Jews murmured about Jesus because he said, “I am the bread that came down from heaven,” and they said, “Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, ‘I have come down from heaven?’” Jesus answered and said to them, “Stop murmuring among yourselves. 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.”

## Spiritual Reading – 19<sup>th</sup> Sunday of Ordinary Time

*From a dialogue On Divine Providence by Saint Catherine of Siena, virgin*

My sweet Lord, look with mercy upon your people and especially upon the mystical body of your Church. Greater glory is given to your name for pardoning a multitude of your creatures than if I alone were pardoned for my great sins against your majesty. It would be no consolation for me to enjoy your life if your holy people stood in death. For I see that sin darkens the life of your bride the Church – my sin and the sins of others. It is a special grace I ask for, this pardon for the creature you have made in your image and likeness. When you created man, you were moved by love to make him in your own image. Surely only love could so dignify your creatures. But I know very well that man lost the dignity you gave him, he deserved to lose it, since he had committed sin. Moved by love and wishing to reconcile the human race to yourself, you gave us your only-begotten Son. He became our mediator and our justice by taking on all our injustice and sin out of obedience to your will, eternal Father, just as you willed that he take on our human nature. What an immeasurably profound love! Your Son went down from the heights of his divinity to the depths of our humanity. Can anyone’s heart remain closed and hardened after this? We image your divinity, but you image our humanity in that union of the two which you have worked in man. You have veiled the Godhead in a cloud, in the clay of our humanity. Only your love could so dignify the flesh of Adam. And so by reason of this immeasurable love I beg, with all the strength of my soul, that you freely extend your mercy to all your lowly creatures.

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## The Twelve Stations of the Most Holy Eucharist

### Station 1 – Melchizedek

Melchizedek was “a priest of God Most High” and King of Salem. He is mentioned in the story in Genesis chapter 14 when Abram (soon to be Abraham) comes to Melchizedek after winning a battle. Melchizedek gives Abram a blessing and brings an offering of bread and wine. (cf. Gen. 14:17-20) Later, in the Book of Psalms, David refers back to Melchizedek when prophesying about the coming Messiah. “The Lord has sworn, and he will not repent: “You are a priest forever, according to the order of Melchizedek.” (Psalm 110:4) and then later in the Letter to the Hebrews, the writer writes about the High Priest and how Jesus fits into that role, “...Jesus has gone as a forerunner on your behalf, having become a high priest forever after the order of Melchizedek” (Heb. 6:20)

**What is the connection with Jesus?** As we see, Jesus is this priest appointed by God. He is the King of Salem, which traditionally is identified for Jerusalem. Jesus was meant to come from the line of David, but Jesus is also a priest forever. **David was never a priest, so where does Jesus get his priesthood lineage?** It comes from Melchizedek as it says in the Letter to the Hebrews. He is both the great King and the great High Priest.

### Station 2 – The Jewish Passover, Prefiguration of the Eucharist

The story of the Passover is important for both Jews and Christians. In the Book of Exodus, we see the foreshadowing of Christ as the Paschal Lamb, “Your lamb shall be without blemish, a male a year old...Then they shall take some of the blood and put it on the two doorposts and the lintel of the houses in which they eat them. They shall eat the flesh that night...And you shall let none of it remain until morning...In this manner you shall eat it: your loins girded, your sandals on your feet. And your staff in your hand: and you shall eat it in haste. It is the Lord’s Passover”. (Ex. 12:5,7-8,10,11) We hear the Israelites, who are about to be free from over four hundred years of slavery from the Egyptians asked to give special sacrifice. This sacrifice and meal would not take place just this one time, but every year by the Jewish people to remember of their deliverance from slavery.

**What is the connection with Jesus?** In the New Testament we hear St. John the Baptist declare, “Behold the Lamb of God. Who takes away the sin of the world!” (Jn. 1:29) Jesus is the fulfillment of the Jewish Passover that took place a thousand years before Him. “By celebrating the Last Supper with his apostles in the course of the Passover meal, Jesus gave the Jewish Passover its definitive meaning. Jesus’ passing over to his father by his death and Resurrection, the new Passover, is anticipated in the Supper and celebrated in the Eucharist, which fulfills the Jewish Passover and anticipates the final Passover of the Church in the glory of the kingdom.”

### Station 3 – The Manna from Heaven

After being freed from slavery, the Israelites find themselves in tough times again. They are wandering in the desert with no food. Many cry out to God and begin to complain about the lack of nourishment. They even talk of going back to Egypt to be slaves in order to eat. God then

tells Moses “I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion...”(Ex. 16:4) The Israelites would eat of this Manna for forty years until they came to the promise land. (cf. 16:35).

**What is the connection to Jesus?** In the Gospel readings the past week, today, and next week Jesus speaks of this event. He explains that even though they received this bread they still died and could not live for eternity with God. Jesus is the Bread of Life, the new Manna that will never go away, and will give our souls life for all eternity. For the Jews in Moses time when they encountered the Manna “the Israelites asked one another, ‘What is this?’ for they did not know what it was.” (Ex. 16:15). The Jews in Jesus time question the same thing. They see Jesus standing there saying I am the Bread of Life and questioning Him and who is this really. The connection between Jesus and the Manna from heaven is expressed in the liturgy. The Antiphon for the Fourth Sunday of Advent says, “Skies, let the Just One come forth like the dew, let him descend from the clouds like the rain. The earth will open up and give birth to our Savior.” In the second Eucharistic prayer in the Order of the Mass, the Priest joins his hands and, holding them extended over the offerings, says: Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall, He joins his hands and makes the Sign of the Cross once over the bread and the chalice together, saying: so that they may become for us the Body and Blood of our Lord Jesus Christ.

### Station 4 – The Old Temple

After spending forty years in the desert, the Israelites finally conquer the Promise Land of Canaan. They soon build their Kingdom and begin to grow. During this time they also had the Ark of the Covenant. King David wanted to build a great temple for the Ark and for God to dwell with his people. It would be his son, Solomon, who would fulfill this dream. “Thus all the work that Solomon did for the house of the Lord was finished...So the priest brought the ark of the covenant of the Lord to its place, in the inner sanctuary of the house, in the most holy place, underneath the wings of the cherubim...” (2 Chron. 5:1a, 7). The Lord, pleased by these efforts, manifested His Presence among them. “[T]he house of the Lord, was filled with a cloud, so that the priests could not stand to minister because of the cloud: for the glory of the Lord filled the house of God. Then Solomon...said...’But will God indeed dwell with man on the earth?’ (2 Chron. 5:13b-14, 6:18)

**What is the connection with Jesus?** Jesus is the new and eternal temple. “The Jews then said to Him, ‘What sign can you show us for doing this?’ Jesus answered and said to them, ‘Destroy this temple and in three days I will raise it up.’ The Jews said, ‘This temple has been under construction for forty-six years, and you will raise it up in three days?’ But he was speaking about the temple of his body.” (Jn. 2:18-21) “Jesus identifies the temple of Jerusalem with his own body, and by so doing refers to one of the most profound truths about himself--the Incarnation. After the ascension of the Lord into heaven this real and very special presence of God among men is continued in the sacrament of the Blessed Eucharist.” Mary is also called the Ark of the New Covenant.