

# **LOOKING TO SUNDAY®**

**Sunday, August 16, 2015**

This email, entitled Looking to Sunday®, focuses on the Gospel Reading for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. Looking to Sunday is written by Father Tom Iwanowski.

## **WORTH OUR ATTENTION!**

We live in a society where nothing holds our attention for very long.

A news story breaks and suddenly it is being covered live by every cable news station. But like fireworks that brighten the sky for a moment, that story soon goes dark and something else seizes our interest.

A politician says something deemed "politically incorrect" and the social media explodes with comments and reaction. But in a few days what was the hot topic barely registers in the digital world.

Apple announces the introduction of its latest electronic device and eager customers vie to be the first to buy this newest, must-have item. But like all things, what is new today is old tomorrow, and then tomorrow's device commandeers our interest.

A new self-help book is published and the media hails its author as the guru with life's answers. But as the book fades from the best seller list, a new spiritual guide is anointed, proclaiming a superior way to success and happiness.

Nothing holds our attention for very long. We look for the new and the novel. Then when we find it, we quickly become bored and run after something or someone else. In fact, much of our economy is based on the fact we never seem to be satisfied or content with what we have.

That dissatisfaction and restlessness that keeps us running from one thing to another will remain until we appreciate a simple fact. We came from God and we were created to go back to God. It is only in a relationship with God that we find true meaning, genuine fulfillment, and lasting peace – what John's Gospel describes as eternal life.

Jesus Christ is the surest path to such a relationship with God. In this Sunday's Gospel (John 6:51-58), Jesus makes that point by speaking of himself as the food and drink that we need if we are to have true life. As he says, "Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me."

It is through a personal relationship with Jesus Christ, a relationship that Jesus dramatically describes as our sharing his very flesh and blood that we come into a relationship with God. As Jesus puts it, "unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you."

Until we have a relationship with God founded in Jesus Christ and nourished by his very body and blood, our attention will always be jumping from one thing to another. We were made to be focused on God. We were made for him!

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