

- I. Who is hungry?
  - a. Three meals a day, 85 years = 93, 075 meals
  - b. If you lived to be 85 years and one day....
  - c. You would wake up hungry again!
  - d. This is what Jesus means by “food that perishes”
  - e. Satisfying hunger is a fundamental human need, and hunger a universal experience
  - f. Jesus turns this common experience, common longing, into a prayerful reminder
  - g. of our deeper hunger, our infinite hunger, for Communion with our God.
  
- II. Today’s Gospel – a continuation
  - a. Our Gospel today continues our reflection together on the Bread of Life discourses in John’s Chapter 6, which we began last week
  - b. Recall Jesus fed some 5,000 households from five barley loaves and two fish
  - c. They all had eaten their fill – their hunger quenched—with 12 baskets left over.
  - d. In the evening, the disciples embarked in a boat to Capernaum
  - e. Jesus joins them, walking on the sea
  
- III. Today’s Reading
  - a. The next morning, the crowd catches up, hungry for more food once again!
    - i. We can just imagine the crowd worn out, hiking and practically running around the

sea of Galilee, some 10 to 15 miles, now panting and exhausted, and asking for food

- b. Who can blame them?
- c. I'd give a lobster and steak to the disciples, and ask for surf and turf for 5,000!
- d. Jesus dodges the question as to how he arrived at Capernaum ahead of the crowd, and instead says:
  - i. You are working so very hard, following me all around the Sea, because yesterday I fed you bread and fish, and today you are hungry again!
  - ii. Instead, You should have seen the signs in my teaching and works, signs revealing my divinity, and worked hard
  - iii. With all your body, heart, mind, and soul,
  - iv. And ask me for the sustenance of eternal life

#### IV. Jesus, the Bread of Eternal Life

- a. Still hungry, the crowd cleverly asks for a sign so they can believe Jesus
- b. "Say, oh, I don't know, food from heaven, like Moses did!" as we heard in our first reading from the book of Exodus.
- c. Jesus says God is preparing greater food than what He gave through Moses, this is the bread of eternal life
- d. When asked for this bread
- e. Jesus replies whoever sees the signs, and believes He is the Son of God, the bread of eternal life

- f. Will never hunger or thirst
- g. Every hunger, every thirst, every longing and desire, is satisfied in Christ.

## V. Ephesians

- a. In calling Himself the “Bread of Life” that satisfies the hunger and thirst of the human family
- b. Jesus invites the crowd, and us, to use our physical hunger
- c. As a reminder and sacramental
- d. To our greater hunger – Unity with Christ and Communion with God and one another.
- e. As we hear in our second reading from Ephesians
- f. Discipleship call us to:
  - i. ‘Put away our old self of our former way of life, corrupted through deceitful desires, and put on the new self, created in God’s way.’
  - ii. Why are they deceitful desires? Because they don’t satisfy. We soon desire again and more.
  - iii. Only Christ can ultimately satisfy our desires.

## VI. St. Augustine

- a. It is a truth St. Augustine deeply explores in his work, The Confessions
- b. St. Augustine concludes, “O Lord, you have made us four Yourself, and our hearts are restless until they rest in you.”

We have infinite curiosity, minds, dreams, understanding, imagination, creativity, appreciation for beauty, and capacity to love and be loved

- c. Yet we try again and again to satisfy our restlessness with power, pleasure, honor, or glory
- d. all finite, fleeting things that cannot fill our capacity and desire for our eternal, infinite God.
- e. We are like the crowd, working hard, running and panting after things that cannot satisfy,
- f. Working hard to satisfy the Ephesian “deceitful desires,” **food that perishes** and leaves us unsatisfied, desiring more.

## VII. Addictions – we are all addicts

- a. Hunger for deceitful desires are not just private matters with private consequences, but can lead to tragic consequences for our communities.
- b. The hunger for more wealth can lead some to use their brother’s and sister’s hunger for pleasure, or release from pain, and create addictions to alcohol, or illicit drugs and opioids
- c. The hunger for power can lead to:
  - i. Social injustice,
  - ii. Self-righteous and angry public discourse, or
  - iii. Sexual exploitation of others entrusted to our management or care

- VIII. Hunger and Thirst for Christ – iServe 2018
- a. But What does it look like when work with our whole head, heart, and soul for Christ, the Bread of Life?
  - b. iServe – 70 to 80 of our local parish youth
  - c. Evening: Fellowship and learning about poverty
  - d. Start the morning with the Bread of Life
  - e. Out into the Frederick Community to work hard, panting, running after Jesus.
  - f. Religious coalition
    - i. Harvested fresh produce
    - ii. Removed moldy soil, piles of compost
    - iii. Build a wash station of the vegetables, bulletin board
    - iv. Weeded and cleaned up their perimeter
- IX. This week’s Gospel invites us to examine how we are living, and ask ourselves what “bread” are we working hard for?
- a. Is it the power of a position or role in work or school?
  - b. But what greater power is there than to know you are made in God’s image, and are called to participate in the life of the Trinity, the unbegotten, eternal power of the universe?
  - c. Is it pleasure?
  - d. But what greater pleasure can there be than to find the risen Christ in active in your daily life, and to rush to give your whole self to Him in His service?

- e. Is it honor or glory?
  - f. But what greater honor can there be than to be a son or daughter of God, a member of the communion of saints, and to share in the glory of Christ's resurrection?
- X. Christ calls us to work with our whole heart, body, mind, and soul for the True Bread of Heaven, the food that satisfies eternally.
- a. This week, we will try to use our body's hunger as a sacramental of our hunger for Christ
  - b. Each time you notice you are hungry
    - i. Ask what's for dinner
    - ii. Plan a meal
    - iii. Stop at a drive-through
    - iv. Or hear and feel your tummy rumble
  - c. Use that as a reminder of your true hunger, a hunger for the Love of God, and unity with Christ
  - d. And take that moment to offer prayer from your heart.
- XI. A young boy in Galilee once offered five loaves and two fish, and the people said, "what good is this to feed so many?"
- XII. In a few minutes, we will offer a bowl with small pieces of bread, and one pitcher of wine
- XIII. And.... Through Fr. Keith's ministry and our prayer
- XIV. Jesus, the Bread of Life, will come to us, to be one with us, and satisfy every hunger of our human heart.