

Sunday Gospel Reflection

Nineteenth Sunday Ordinary Time

1. Sign of the Cross

2. Gospel: John 6:41-51

“Everyone who has listened to the Father and learned from him comes to me.”



41 Then the Jews began to complain about him because he said, “I am the bread that came down from heaven.” 42 They were saying, “Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I have come down from heaven?’” 43 Jesus answered them, “Do not complain among yourselves. 44 No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. 45 It is written in the prophets, ‘And they shall all be taught by God.’ Everyone who has heard and learned from the Father comes to me. 46 Not that anyone has seen the Father except the one who is from God; he has seen the Father. 47 Very truly, I tell you, whoever believes has eternal life. 48 I am the bread of life. 49 Your ancestors ate the manna in the wilderness, and they died. 50 This is the bread that comes down from heaven, so that one may eat of it and not die. 51 I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

3. Reflection: (reflect on your own or share together if with others)

1. How do I take time to listen to God in my daily life?
2. How do I seek to learn more about my faith? How does not strengthen and deepen my relationship with Jesus?
3. Do I freely yield to God's will wholeheartedly, or do I "grumble" and stick to my own ways?

4. Share petitions that you would like to pray for: Finish with the Special Petition.

Special Petition: For those people who will be baptized and received into the Church this year.

5. Lord's Prayer

6. Sign of the Cross.