

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.