

### Reflection Thursday 3<sup>rd</sup> Week Easter 2023

After hearing that the Eunuch Philip met along the road was baptised, it was obviously far, far easier to be baptised in the early days of the Church!!

Jesus makes it clear that the Father is willing to send the Holy Spirit into the lives of all those who believe in him. What is also clear is that Baptism is but the beginning of a life of faith which needs to be nurtured, sustained, guided and helped as well as challenged along the way. It's a journey that is lifelong. Aware of this, Jesus offered himself as the sustenance and food that we need to do this. Jesus is the bread of life, a bread for which we continually have need.

Like the eunuch, however, we all need to be continually taught by God through the scriptures which can open us to the Spirit of God which is far more than knowledge and information. It is a Spirit of wonder and of challenge, a spirit that brings joy to know that others are open and desire to be part of the Christian family and sadness for the those who refuse to let God in.

**Pope Francis:** *Bread is a basic necessity needed for survival, especially by the hungry who "do not ask for refined and expensive food, they ask for bread. Jesus reveals himself as bread, that is, the essential, that is necessary for everyday life; without him nothing works. Jesus is not one bread among many others, but **the** bread of life. Without Christ Christians could only "get by" because he is the only one who can nourish their souls and only he "forgives us from that evil that we cannot overcome on our own. He alone makes us feel loved, even if everyone else disappoints us; he alone gives us the strength to love and, he alone gives us the strength to forgive in difficulties; he alone gives that peace to the heart that it is searching for; he alone gives eternal life when life here on earth ends. He is the essential bread of life.*

**A man walks into a bakery, points to some bread and asks... Is this Gluten free?'**  
Cashier: No. It costs £3.50