

## Reflection Monday 3rd Week Easter 2024

In the gospel reading, Jesus invites us, even encourages, us to go beyond where we are at the moment. He often does this in the gospel. Jesus always wants to push us to go further. In this case, he wants us to go beyond hunger for food for our bodies to hunger for 'the food that endures for eternal life'. This food is to be found in scripture and in the bible. But ultimately this food is Christ himself.

There is a great deal more to life than the satisfaction of our physical needs: we have also deeper, spiritual hungers and thirsts that need attention if we are to live a truly balanced life and be at peace within ourselves. In the gospel Jesus offers himself to us as the food that endures to eternal life. This emphasises the importance of the Eucharist and of receiving the Body and Blood of Christ in the form of consecrated bread and/or consecrated wine.

Malcolm Guite writes:

Where to get bread? An ever-pressing question  
that trembles on the lips of anxious mothers,  
bread for their families, bread for all these others;  
a whole world on the margin of exhaustion.  
And where that hunger has been satisfied  
Where to get bread? The question still returns,  
in our abundance something starves and yearns,  
we crave fulfilment, crave and are denied.  
And then comes One who speaks into our needs,  
who opens out the secret hopes we cherish,  
whose presence calls our hidden hearts to flourish,  
whose words unfold in us like living seeds.  
Come to me, broken, hungry, incomplete,  
I Am the Bread of Life, break Me and eat.