**Homily** **for the 19th Sunday in Ordinary Time**

*Rev. Francis D. Kim*       
  
       We all concern and worry about health and nutrition for our body. There are two kinds of ways of a person can suffer from malnutrition. One is from not having enough food, which is true of what is called the ‘Third World.’ The other is from eating the wrong kind of food, which is a problem in our world. Either one can lead to physical depression, emotional problems, and death. So, it is very important to eat correctly for our physical health.   
  
        We also need to care about our spiritual health. All of us have spiritual hungers that are as real as the hungers of the body. For our spiritual health, we need companionship, love, forgiveness, inner healing, and union with God. We need to satisfy these spiritual hungers.   
  
        Jesus satisfies the hungry hearts at each Mass through the Liturgy of the Word and the Eucharist. So, in the Gospel today, Jesus says once again, “I am the bread of life. Whoever believes has eternal life.” As we sought bread that filled our physical hunger, Jesus speaks to us of a different kind of bread, the living bread, for our spiritual hunger.  
  
        Two weeks ago, we heard the Gospel about the miracle of Jesus’ multiplying five loaves and two fish to feed five thousand. And, last week, we heard the Gospel relating the bread of life come down from heaven. Continuously, Jesus says again today, “I am the living bread that came down from heaven; whoever eats this bread will live forever.”   
  
        The miracle of the Multiplication and Jesus’ teaching about Himself as the ‘living bread’ in chapter six of John’s Gospel remind us to look at several aspects of the Eucharist, the heart of the Catholic faith.  
  
        When John wrote his Gospel, he wanted to tell us two things: first, Jesus is God Himself who came down from heaven to save us, and, Christ feeds us with His flesh for eternal life because He loves us so much.  
  
        In the miracle of the Multiplication, we heard how Jesus gathered the people, taught them, and fed them. This happens every Mass as Jesus gathers us, teaches us, and feeds us as surely as He gathered, taught, and fed the people on that mountainside.   
        In every Mass, we receive the Holy Communion, the living bread, Jesus Christ, who satisfies all the hungers of the human heart and gives us strength for our journey of faith. So, to refuse Jesus is to refuse eternal life. And, to accept Jesus as the bread of life is not only life and spiritual nourishment for this world, but glory in the world to come.  
  
        The Bread of Life, which Jesus gives us through the Eucharist, is our spiritual food for the journey to heaven. Here, He comes to us personally with all the graces and strengths we need in our own personal way for our individual journey of life. We all have a journey to make, and in the Holy Communion, the Lord gives us the strength and grace to deal with the particular problems of our lives.  
  
        Remember, in the First Reading, Elijah moaned, “This is enough, O Lord! Take my life.” Jesus also says to us, “I am enough! You take my life, eat it all, live it all, and you will be already living the eternal life that I want to share.”  
  
        In the Second Reading, when Paul tells us that we are sealed with the Holy Spirit, Paul gives us great news. He tells us we belong to God, a God who loves us, a God who promises to care for us, to be our God. Sealed with the Holy Spirit, Christ says to us, “Come, eat my Body and drink my Blood.” If we do so, Jesus promises to lead us to all eternity.  
  
        Jesus promises today, “I am the living bread. Whoever eats this bread will live forever.” Bring Him your particular hunger. Here, in the Eucharist, Jesus will give you strength for the journey you have yet to make.