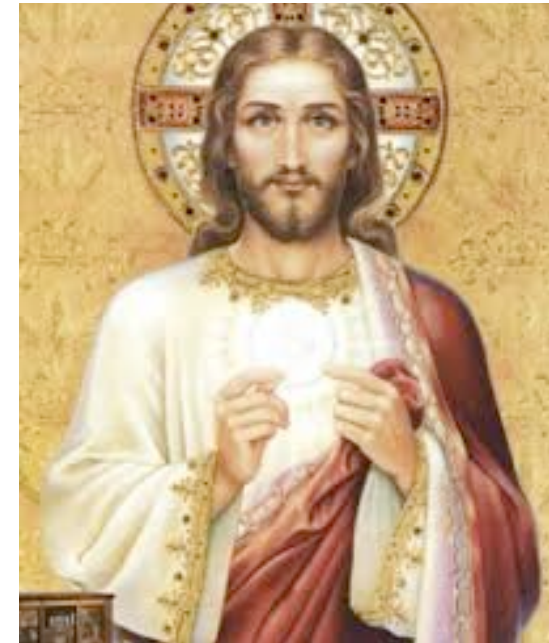


Getting to know Jesus Christ



Prayer

Lord Jesus,
we believe that you are the Bread of Life given for us.
Help us to come to you in our hunger.
Sustain us on our journey of faith
that our hearts may always find nourishment
and strength in you.
Amen.



3. I am the Bread of Life

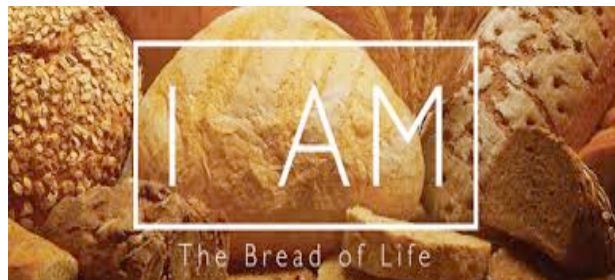
I am the Bread of Life

Introduction

In the Old Testament we read how God fed his chosen people with manna in the desert. In the Gospels we see how Jesus, the Bread of Life, satisfies the deepest of hungers of the people he met. He satisfies their hunger for love, truth, forgiveness, belonging and healing. Jesus also miraculously multiplies the bread and the fish to show how he also cares for our bodily needs. In every Mass Jesus, the Bread of Life, comes to us so that we may receive strength and nourishment on our journey through life.

Reflecting on Our Experience

Food is essential to our life. Without enough food we experience hunger. As well as physical hunger we can also experience spiritual and emotional hunger. We can hunger for love, meaning, acceptance, belonging, forgiveness and peace to name a few. Which hungers of the heart are you aware of in your life? How have you experienced hunger in its various forms on your own journey through life to this point?



Listening to Scripture

Choose one or more of the following Scripture passages to read and reflect on.

Deuteronomy 8:1-6 — *He made you feel hunger... he fed you with manna*

Isaiah 55:1-3 — *Why spend money... on what fails to satisfy?*

Luke 9:10-17 — *The miracle of the loaves*

Luke 22:14-20 — *This is my Body given for you*

John 6:32-35 — *Jesus the Bread of Life*

Reflecting and Sharing

Jesus is the true Bread of Life. All too often we can attempt to satisfy the deep hungers in our hearts with what the world offers us and find that rather than satisfying us we are left feeling empty. God uses our hungers to draw us to himself. As we come to Jesus in faith we will discover that he satisfies our every hunger, especially through his Word and the Sacraments.

We now listen to a personal faith sharing where a catechist shares how they have known Jesus as the Bread of Life on their journey of faith.

- How does this image of Jesus as the Bread of Life speak to you in your life?
- In what ways are you aware of God drawing you through the hungers you experience in your own life?
- Which words, images or promises from the Scripture passage/s particularly spoke to your heart?

Spend some time sharing your reflections as a group.