

# Newtbec

NEW WAY OF BEING CHURCH

19th Sunday of Ordinary Time

HOPE: BELIEVE, LIVE AND GIVE



SCRIPTURE QUOTE  
TO MEMORISE:

"I am the  
living bread  
which has  
come down  
from heaven"

(John 6: 51)

Soon, Elijah has to run for his life for fear that Jezebel would kill him. Later, he asks God to take his life. Why did he do this? He was tired of running and was probably feeling depressed. However, through it all, God took care of him. God sent an angel to provide Elijah with food and water as nourishment, to prepare him for the next stage of his mission, that is, his journey to Mount Horeb.

In his letter to the Ephesians, Paul reminds them that the Holy Spirit of God **Spirit lives in us and we should not grief the Spirit.** The Holy Spirit comes to us as an Advocate so that we may mirror the Father's love to others. With the Holy Spirit in us, we should never behave in a way that is unbecoming as a child of God. Instead, we are called to be and live *"as a fragrant offering and a sacrifice to God"*, that is pleasing to Him and to the people around us.

The passage in John's gospel describes that the Jews were not pleased when Jesus said *"I am the bread which came down from heaven"*. But today, through the Spirit, we believe and partake of this Bread of Life in the Holy Eucharist as nourishment for our mind, body and soul. Those who come to and believe in Jesus will have life and will not perish. The food that the prophet Elijah received, nourished and strengthened him for his journey to Mt. Horeb. But the spiritual food that the Son of Man gives us will nourish us forever. Only Jesus can give us the Living Bread of Eternal Life.

*Let us trust that same God who nourished Elijah, will nourish us for our life's journey.* ✚

SCRIPTURE  
of the DAY

1 Kgs. 19: 4-8;

Ps. 34: 2-9;

Eph. 4: 30-5:2;

Jn. 6: 41-51.



MONTHLY THEME:  
**MARY, MOTHER OF HOPE**

**ONLY JESUS<sup>†</sup> CAN GIVE US**  
*the Living Bread*

**T**he prophet Elijah demonstrated on Mt. Carmel that the Lord alone is God. God's mighty power working through Elijah defeated Baal's 450 prophets. In the face of great adversity, Elijah stood steadfast only with his trust in God's promises, and by being obedient to what the Lord had asked of him. However, in spite this amazing exhibit of the reality of God's power on Mt. Carmel, the people would soon forget and revert to their former evil ways.