



AMDG  
19TH SUNDAY IN  
ORDINARY TIME  
12TH AUGUST 2018



**Taste and see that the Lord is good!**

OPENING PRAYER

Almighty ever-living God,  
whom, taught by the Holy Spirit, we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and daughters,  
that we may merit to enter into the inheritance  
which you have promised.

Our reading of Chapter 6 of St John's Gospel, on the Bread of Life, continues today and throughout August. For the next three Sundays we also pray with Psalm 33 (34), whose invitation to taste and see God's goodness connects directly with Jesus, our Living Bread.

Elijah, fleeing for his life to the wilderness, is convinced that he is a failure. But he is brought special food by an angel to strengthen him for the long journey ahead (*First Reading*).

The *psalmist* calls all of us, especially the humble and poor, to join him in praising God. We are invited to savour the goodness of the One who answers our call and frees us from our fears.

St Paul reminds the Ephesians that they are beloved children of God, urging them to follow Christ in their behaviour by showing kindness and forgiveness to one another (*Second Reading*).

Jesus reprimands the crowd as they start to complain against him: they refuse to accept that Jesus himself is the bread that gives eternal life. Jesus reminds them that even manna did not prevent their ancestors from dying, while the bread that Jesus himself offers is his own body, given for the life of the world (*Gospel*).

This week, let us pray that we might be always more open to what Jesus, the Living Bread, is offering us, and take the time to taste and savour all that God gives us in our everyday lives.

## PSALM 33 (34)

*R./ Taste and see that the Lord is good.*

**I** will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free.

Look towards him and be radiant;  
let your faces not be abashed.  
When the poor called; the Lord heard them  
and rescued them from all their distress.

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

I come quietly and gently to my time of prayer, and ask the Lord to be present to me. I take time to get in touch with how I am feeling.

In time I read and reread the psalm slowly, noticing words or phrases that particularly strike me. I do not need to stay with the whole psalm unless I am so drawn.

Am I able to respond to the psalmist's joyful invitation to glorify God today, or am I perhaps hampered by anxieties or concerns?

I try to bring whatever is in my heart as openly as I can to the Lord, remembering that he already knows and understands my whole story. I stay here as long as I need.

The psalmist calls us to savour God's goodness as we might enjoy a wonderful meal. I ponder the times when I have felt able to respond to the Lord in this way, and give thanks, asking to be always more open to God's presence in my life.

Before I take my leave, I remember before the Lord those known to me who are 'humble' and 'poor' in any way, and all those in the wider world who need rescuing from fear and distress.

When I am ready, I end my prayer with a sign of the cross. *Our Father ...*

## GOSPEL JOHN 6: 41–51

**M**eanwhile the Jews were complaining to each other about Jesus, because he had said, ‘I am the bread that came down from heaven’. ‘Surely this is Jesus son of Joseph,’ they said. ‘We know his father and mother. How can he now say, “I have come down from heaven”?’ Jesus said in reply, ‘Stop complaining to each other. No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father.

I tell you most solemnly, everybody who believes has eternal life. I am the bread of life.

Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die.

I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.’

Conscious of the Lord’s loving presence with me, I take time to come to some inner stillness, perhaps focusing on my breathing for a while.

When I am ready, I turn slowly and prayerfully to the text. I may like to imagine myself in the scene, hearing Jesus speak these words to me.

How do I feel ...? Joyful and consoled by the promise of eternal life ...? or perhaps sceptical and complaining, like the Judeans?

Whatever comes to mind, I take care not to judge myself, but share it with the Lord, as I would with a beloved, trusted friend.

Jesus speaks of himself as the Living Bread. What is it like to desire this bread? When and where do I find myself most longing to taste it?

I speak to Christ, the Bread of Life, about my own hopes and dreams.

I ask for help to trust in him more deeply as I continue my journey, and for a greater awareness that the Lord always travels alongside me.

Without haste, I end my prayer with thanksgiving.

*Give us this day our daily bread and forgive us our trespasses ...*

## Here's a text if you've only got a minute ...

'Lord, I have had enough' ... But an angel touched him.

*First Reading*

Glorify the Lord with me.

Together let us praise his name!

*Psalm*

Be friends with one another, and kind,  
forgiving each other as readily as God forgave you in Christ.

*Second Reading*

I am the living bread which has come down from heaven. *Gospel*

*This week's texts if you want to reflect further:*

*1 Kings 19: 4–8; Psalm 33 (34); Ephesians 4: 30–5: 2; John 6: 41–51*



**Taste and see  
that the  
Lord is good.  
Happy the  
one who seeks  
refuge in him.**



ST BEUNO'S OUTREACH  
IN THE DIOCESE OF WREXHAM

**JESUIT**  
Ministries



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