

What Feeds the Heart

Intro. The Catechism says this about our belief in the Body and Blood of Christ: Quote “At the heart of the Eucharistic celebration are the bread and wine that, by the words of Christ and the invocation of the Holy Spirit, become Christ’s Body and Blood.

Faithful to the Lord’s command the Church continues to do, in his memory and until his glorious return, what he did on the eve of his Passion: “He took bread...” “He took the cup filled with wine...”

The signs of bread and wine become, in a way surpassing understanding, the Body and Blood of Christ...” Unquote [Paragraph 1333].

I. This discussion got started after the Lord multiplied the fish and loaves, feeding five thousand people. The Lord told the crowd they only followed

him looking for more free food rather than believing he is the true bread from heaven. For the Israelites, there was no greater sign than Moses giving them bread from heaven, manna in the desert. They challenged the Lord to top **that**. First, he corrected them, saying it was not *Moses* but *God* who gave them the temporary bread and secondly **he, the Lord**, offered them something much more: “bread” leading to eternal life. The Israelites hearing the Lord speak about the bread of life could not get past the physical image of eating and drinking [F. Moloney, *Sacra Pagina*, John, p. 221]. They couldn’t understand he was talking about giving himself on the cross in the supreme act of love. The more he talked about it the more they refused to see what he was talking about. Some quit following him after this.

What truly feeds us is not physical food. That's on the taste buds today and gone tomorrow. This week I asked the question, "What really feeds your heart?" After a few moments of reflection, the answer was, "Love;" the love of husband, wife, father, mother, friend. Most of us long for a satisfaction that fills *not our stomachs, but our hearts and souls*. It is not found at a drive through. It is found in the gift of love, one to another.

Concl. We understand when someone decides to donate a kidney to save the life of a family member or friend. But more and more strangers make a decision to go on a donor list to match someone she or he has never met. It is an almost unbelievable act of love. If the donor can help another person live better or *just live*, they are willing to make that sacrifice. *That* is what the Lord was talking about in

the scripture today. He told the people **he** was the living bread come from heaven who would give his life on the cross for all people to have eternal life. He changed the Passover meal to not only one of **remembrance** of leaving Egypt, but also his real presence in the bread and wine become his Body and Blood. When we gather for prayer at Mass, we bless, and eat and drink the food that is the love God has for us. We celebrate the communion with God and each other in this Eucharist. We talk about the love that makes it possible to give up one's life for another. Then we share the Body and Blood of Christ that gives our hearts strength to go out the church doors and make the Lord present through our body and blood.