

The Meaning of the Bread of Life

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In our Religious Education lessons, we have been exploring the topic of Jesus as the Bread of Life. We were asked to write an article about this significant phrase, 'I am the Bread of Life'. We hear this phrase so often but do we really understand its true meaning?

The Bread of Life is our spiritual nourishment, and as

Jesus is the Bread of Life, Jesus is our nourishment. But when I say nourishment, I don't mean food. I mean nourishment of our Faith, which means helping our Faith to grow and flourish and understand that God and Jesus will always forgive our sins, even when we don't realise our actions were wrong and don't repent. Jesus also nourishes us by showing us that there is always support and comfort for us in him, God and Mary our Mother.

But what does Jesus mean when he says: 'I am the Bread of Life'? He means that we are not satisfied spiritually unless we know Jesus; we are not satisfied spiritually unless we have Jesus in our lives; we cannot survive without Jesus. We can receive the Bread of Life at Mass when we receive Jesus' Body, and at Confession when we are reconciled and profess our Faith in God. When we receive the Bread of Life through Communion, we are cleansed of our sins because Jesus is giving us his body, and as Jesus' body is unblemished and free of sin, we too become pure.

When Jesus gave the disciples his Body at the Last Supper, he was giving us the promise of a free life without sin; a life where we are reunited with him and Our Father; a life when we ascend to Heaven. In the New Testament, Jesus taught his disciples to pray: 'Give us this day our daily bread' (Matthew 6:11). We can trust God to take care of our everyday needs. Jesus said: 'If God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you' (Matthew 6:30). That is why God sent the Bread of Life to his people; to show them that he will always put them first, even over his own Son, in their moments of need.

So when *you* are in a time of need, and feel like no-one is there for you, not even God, just remember the sacrifice he made in your brothers' and sisters' moment of need.