

18th Sunday in Ordinary Time
August 1, 2021

FATH @ HOME

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First Reading: Exodus 16:2-4, 12-15

Responsorial Psalm: Psalm 78:3-4, 23-24,
25, 54

Second Reading: Ephesians 4:17, 20-24

Gospel: John 6:24-35

[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the text [HERE](#).

To see a video of the Gospel, [click here](#).

To see a video for of the Gospel for children, [click here](#).

2. PRAY

In the Gospel today we hear Jesus tell us, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

Eucharist is the source and summit of our Catholic faith. Jesus has given us Himself in the gift of Eucharist. Jesus is bread from heaven.

Gather together a piece of paper and a drawing utensil. Read the Gospel for this Sunday (John 6:24-35), quietly and intentionally. As you read the Gospel, think about what word or phrase resonates with you. Write this word or phrase in the center of your paper.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

Talk with Jesus about the word or phrase that you wrote. How have you experienced Jesus as the bread of life? What hungers has he filled in your life? What thirsts has He quenched?

Now add words or symbols to your drawing that reflect your answers to these questions. Take time to pray in gratitude, thanking Jesus for the ways you have experienced Him as the bread of life.



Put your decorated paper in a prominent place in your home. Take time to look at your paper before going to mass in each of the next three weeks, when we will continue to hear the Bread of Life discourse. Let this mindful activity deepen your gratitude as you celebrate Eucharist during this time.

3. TALK

With those in your home or with a friend, choose a question from below and share with one another:

- How did Jesus invite you into prayer and gratitude today through this prayer experience?
- How does the gift of Eucharist nourish your body and soul?