

Peace is....nourished by God's Word

Ephesians 4: 22, 24 ***“you should put away the old self of your former way of life...
and put on the new self, created in God's way...”***

John 6: 27, 35

***“Do not work for food that perishes but for
the food that endures for eternal life...”***

***“I am the bread of life; whoever comes to me
will never hunger and whoever believes in me
will never thirst.”***

Reflection:

Where do we seek peace and happiness? Do we say, “I would be happy if ... I had _____”, or “if certain people or circumstances in my life would only change”? We yearn for what we really need, deep down inside. And yet, we often look in the wrong places. We often overlook the answer. It seems too simple.

True peace comes only from God. In order to have His peace, which the world cannot give, we need to spend time with Him. How?

- In silence.
- In listening to His Word.
- In recognizing His presence in our lives.

The Scriptures come alive for us if we spend time with them and LISTEN. The Scriptures speak to us, just as they have for all of God's people, for thousands of years. We need to sit with the Scriptures and allow God's Word to nourish our spirits. In quiet, and with humility.

The first reading reminds us that God has heard our grumbling, and yet, in His mercy, He still provides the nourishment we seek and need, physically, emotionally, spiritually...just as He did for the Israelites. In the first and second readings today, the people are moving to a new way, but keep looking back. We are comfortable with what we know, with what is familiar. Growth means change. We need faith and trust to move forward.

In the gospel, the people asked Jesus for a sign. Jesus had just fed five thousand with five barley loaves and two fish! We often look past what is right in front of us. We need to truly see how God is working in our lives. Do we recognize the miracles that happen every day? Do we allow them to strengthen and renew our faith?

On the way to Emmaus, Jesus opened the disciples' eyes to the Scriptures. When we ponder the Word, we allow Jesus to open our minds and our hearts, which prepares us to receive the Eucharist. We can then allow His Presence to transform us, as we step out in faith and trust.

Action:

- Show your love for God today by placing your faith and trust in Him, no matter the situation.
- Commit to spending 15 minutes each day this week quietly reading Scripture and allowing it to sink in and nourish you.
- Spend a few minutes each night reflecting on how God worked in your life that day.
- Consider what is the “old self” that you need to let go of, and the “new self” that God is calling you to. (re-read Ephesians 4: 17-24)

***“Not by bread alone does man live, but by every word that comes forth
from the mouth of God.” ~ Matthew 4:4***

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