

Eighteenth Sunday in Ordinary Time

Lectionary: 113

Reading 1

Ex 16:2-4, 12-15¹

The whole Israelite community grumbled against Moses and Aaron.
The Israelites said to them,
"Would that we had died at the LORD's hand in the land of Egypt,
as we sat by our fleshpots² and ate our fill of bread!
But you had to lead us into this desert
to make the whole community die of famine!"

Then the LORD said to Moses,
"I will now rain down bread from heaven for you.
Each day the people are to go out and gather their daily portion;
thus will I test them,
to see whether they follow my instructions or not.

"I have heard the grumbling of the Israelites.
Tell them: In the evening twilight you shall eat flesh,
and in the morning you shall have your fill of bread³,
so that you may know that I, the LORD, am your God. "

In the evening quail came up and covered the camp.
In the morning a dew lay all about the camp,
and when the dew evaporated, there on the surface of the desert
were fine flakes like hoarfrost⁴ on the ground.
On seeing it, the Israelites asked one another, "What is this?"
for they did not know what it was.

¹ The people of Israel were large in number and the wilderness could not provide enough resources to feed them so this is the story of how God miraculously provided for the people.

² Large metal pots used for cooking meat.

³ Manna, the bread that God gave, the bread from heaven. The Eucharist is the true bread from heaven because it last forever. The tribes would gather the bread and given to Aaron who would place it in the tabernacle and it would be consumed on the Sabbath after shown to the people by Aaron. This was done each week.

⁴ A whitish gray frost. Manna was not hoarfrost but was like hoarfrost when on the ground. The author is saying the people did not know what the manna was nor how it got there, but it functioned in same manner that hoarfrost does. When hoarfrost evaporates nothing is left, but the manna appeared after this unknown material evaporated and appeared as grayish whit flakes that the people ate. It must have had all the nourishment they needed for they ate it for forty years, along with the quail.

But Moses told them,
"This is the bread that the LORD has given you to eat."

Responsorial Psalm

Ps 78:3-4, 23-24, 25, 54

R. (24b) **The Lord gave them bread from heaven.**

What we have heard and know,
and what our fathers have declared to us,
We will declare to the generation to come
the glorious deeds of the LORD and his strength
and the wonders that he wrought.

R. **The Lord gave them bread from heaven.**

He commanded the skies above
and opened the doors of heaven;
he rained manna upon them for food
and gave them heavenly bread.

R. **The Lord gave them bread from heaven.**

Man ate the bread of angels,
food he sent them in abundance.
And he brought them to his holy land,
to the mountains his right hand had won.

R. **The Lord gave them bread from heaven.**

Reading 2

Eph 4:17, 20-24

Brothers and sisters:

I declare and testify in the Lord
that you must no longer live as the Gentiles do⁵,
in the futility of their minds;
that is not how you learned Christ,
assuming that you have heard of him and were taught in him,
as truth is in Jesus,
that you should put away the old self of your former way of life,
corrupted through deceitful desires,
and be renewed in the spirit of your minds,
and put on the new self,
created in God's way in righteousness and holiness of truth.

⁵ Gentiles, meaning Greek (also Latin) speaking people, trust more in their ideas and the infinite number of possibilities that accompany them, instead of trusting in the Truth that is witnessed by Jesus.

Alleluia
Mt 4:4b

R. Alleluia, alleluia.

One does not live on bread alone,
but by every word that comes forth from the mouth of God.

R. Alleluia, alleluia.

Gospel
Jn 6:24-35

When the crowd saw that neither Jesus nor his disciples were there,
they themselves got into boats
and came to Capernaum⁶ looking for Jesus.
And when they found him across the sea they said to him,
"Rabbi, when did you get here?" Jesus answered them and said,
"Amen, amen, I say to you,
you are looking for me not because you saw signs
but because you ate the loaves and were filled⁷.
Do not work for food that perishes
but for the food that endures for eternal life,
which the Son of Man will give you.
For on him the Father, God, has set his seal."
So they said to him,
"What can we do to accomplish the works of God?"
Jesus answered and said to them,
"This is the work of God, that you believe in the one he sent."
So they said to him,
"What sign can you do, that we may see and believe in you?
What can you do?
Our ancestors ate manna in the desert, as it is written:
He gave them bread from heaven to eat."
So Jesus said to them,
"Amen, amen, I say to you,
it was not Moses who gave the bread from heaven;
my Father gives you the true bread from heaven.
For the bread of God is that which comes down from heaven

⁶ This was Jesus' central town from which he would travel to other regions to witness the Truth. It was where Peter lived.

⁷ This was the place that he multiplied the loaves and fish to feed 5 thousand.

and gives life to the world."

So they said to him,

"Sir, give us this bread always."⁸

Jesus said to them,

"I am the bread of life;⁹

whoever comes to me will never hunger,

and whoever believes in me will never thirst."¹⁰

⁸ The people were thinking of how the Hebrew people were feed by God with manna and were completely unaware of the Eucharist that he would give the people and the world at the last supper.

⁹ Jesus is eternally in the Eucharist forever, both on earth and in heaven.

¹⁰ Faith in Jesus overcomes the world as pointed out by Paul on our first reading.