

Jesus tells us in today's Gospel, "This is the work of God, that you believe in the one he sent"... "I am the living bread... whoever eats this bread will live forever."

Jesus is speaking these words in front of his neighbors. They said to one another, "Don't we know his father and mother? "..how can he say, 'I have come down from heaven?'" "how can he say... unless you eat the flesh of the Son of Man and drink His blood, you do not have life within you."

Jesus is speaking to us today in this Gospel. He is inviting you to believe, He is inviting you to eat His flesh and drink His blood. The Eucharist we receive today at Mass is His Body and Blood. Jesus promises you that you will remain in Him, that you will live forever.

In this Eucharist we receive the Body and Blood, Soul and Divinity of Jesus Christ!