# Nineteenth Sunday in Ordinary Time (B)

**Gospel text (*Jn* 6:41-51):** "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

***We need God!***

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*(Barcelona, Spain)*

Today, Christ, immortal and glorious reminds us again that the Father is the true protagonist of everything. Those who listen and believe live in communion with Him who comes from God, with the only one who has seen him and, thus, faith is the very beginning of eternal life.

Our communion with the flesh of Christ risen must get us used to all that comes down from Heaven, that is, to beg, receive and assume our true condition: we are made for God and only him can fully satisfy our hunger. But this living bread will not only one day make us live beyond our physical death, but we receive it now for the life of the world, which is precious because there is a Sacrifice out of which we all benefit, even those who ignore it.

—Jesus, the Father's design, who did not create us to die, is tied to love and faith. I would like to give a free and personal reply to His initiative. Help me!