



## Power Food

**Read:** Luke 9:11-17

In the gospel we hear the story of the multiplication of the fish and loaves. This miracle is a foreshadowing of the Last Supper, where Christ gave his Church the Eucharist (1 Corinthians 11:23-26). In the gospel, two things become apparent. First, we are called to mission, we are called feed the people. Second, we cannot do this alone, we need the power of Christ.

Much like the people in the gospel, our society is hungry for spiritual food. We are supposed to nourish people on the truths of the faith and the gospel (1 Timothy 4:6). In fact, Jesus tells us to “give them something to eat” (Luke 9:13). It is our responsibility to share our faith with others, to offer them spiritual nourishment. But we cannot transform our own lives, let alone others, if we are not first “rooted and established in love” (Ephesians 3:17). Christ must become the cornerstone and foundation of our lives (1 Peter 2:6).

In order to effectively feed others we must first feed ourselves. In the gospel, the disciples brought their gift to Jesus, but on their own they were not enough to feed the people. It was not until Jesus interceded that their gifts were able to produce the intended fruit. It is the same with us. We all have gifts and talents that can be used at the service of the Lord, but if we don’t have a solid spiritual foundation they will not produce the fruit they are supposed to. Our foundation is built up by the Church (1 Timothy 3:15), the word of God (2 Timothy 3:16-17) and the Eucharist (John 6:53-57).

When we receive the Eucharist, Christ comes to dwell in our lives, and transforms us into his body (1 Corinthians 10:17). This one bread we receive unifies the Church, in Jesus, for the mission he has called us to. In the Eucharist, the Lord gives himself to us in bodily form. That is why we must respond to him bodily, beyond the limits of the Church itself, in the manifold service of all people and to the world. The Eucharist prompts us to feed God’s people.

**Next Steps:** Find a Church in the city that holds Eucharistic Adoration and go spend 20-30 minutes in prayer with Jesus. Adoration is where a consecrated host is displayed so that people can come and spend time with Jesus in prayer. It is an excellent opportunity for prayer, solitude and spiritual growth.