

Homily 11 of august 2024

Dear brothers and sisters, as we have seen, after performing the great sign of the multiplication of the loaves, Jesus stops to explain to the disciples the meaning of this sign.

Today in the Gospel Jesus tells us, *I am the bread*. Our spiritual quest should be just that: to be the bread. Not simply to give, but to be the bread, in the depth of our lives. This is precisely why Jesus can say: *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*. Our consciousness is called to go beyond, a beyond that we cannot find in ourselves, but which we can tap into only by opening ourselves to the divine, which lives in us. Every time we approach the Eucharistic table, we hear the very voice of God inviting us, " *Get up and eat, else the journey will be too long for you.*" For our road is a continuous pilgrimage that leads us each day to meet with Him. Jesus in John's Gospel calls us to be bread for others. We are bread for one another when the weary brother, exhausted under too heavy a burden, can find in our attentive and loving presence the angel's bread to help him regain his self-confidence. We should be able to say, "You still have a long way ahead of you." And this that the risen Christ says to each of us - Rise up, get up, walk!

Dear brothers and sisters, today we also remember St. Clare, the little plant of St. Francis. Her life can tell us something about the desert, labor and love. It can tell us something especially about love for Christ and for the poor. Clare, as her contemporaries report: *When ... she was about to receive the Body of the Lord, she first shed hot tears and, approaching then with trembling, feared Him who is hidden in the Sacrament no less than the Sovereign of heaven and earth*" (FF 3210). Clare, like Francis, in the Eucharistic bread saw the humility and simplicity of God. And this is true! Bread is a very simple thing, but it can change lives. May it be so for us today! May the Lord give you peace.