

a meditation, "Believe in The One He Sent" – JESUS CHRIST
St Melito of Sardis, Bishop & defender of The Faith (died circa 180 AD)



https://www.catholic.org/saints/saint.php?saint_id=5068

"You did not see GOD.

You did not perceive The LORD, Israel,
you did not recognize The First-Born of GOD,
begotten before the morning star,

Who adorned the light,
Who lit up the day,
Who divided the darkness,
Who fixed the first boundary,

Who hung the earth,
Who tamed the abyss,
Who stretched out the firmament,
Who furnished the world,

Who arranged the stars in the heavens,
Who lit up the great lights,
Who made the angels in Heaven,
Who there established thrones,
Who formed humanity on the earth.

It was He Who chose you and led you,
from Adam to Noah,
from Noah to Abraham,
from Abraham to Isaac, and Jacob
and the twelve patriarchs.

He it was Who led you into Egypt,
and guarded you there and sustained you.
He it was Who lit up your way with a Pillar,
and sheltered you with a Cloud.

He cut the Red Sea open, leading you through,
and destroyed the enemy.
He it is Who gave you manna from Heaven,
Who gave you drink from a rock,

Who gave you The Law at Horeb,
Who gave you the inheritance in the land,
Who sent you the prophets,
Who raised up kings for you.

He it is Who, coming to you,
healed your suffering and raised your dead.
The Lord clothed Himself with humanity,
and rose from the dead and cried out aloud:

I set free the condemned.
I gave life to the dead.
I raise up the entombed."*

JOHN 6:24-35

<https://www.youtube.com/watch?v=dh1D-vilaqs>

24 When the people therefore saw that JESUS was not there, neither His disciples, they also took shipping, and came to Capernaum, seeking for JESUS.

25 And when they had found Him on the other side of the sea, they said unto Him, Rabbi, when camest Thou hither?

26 JESUS answered them and said, Verily, verily, I say unto you, Ye seek Me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.

27 Labour not for the meat which perisheth, but for That Meat which endureth unto everlasting life, Which The Son of Man shall give unto you: for Him hath GOD The Father sealed.

28 Then said they unto Him, What shall we do, that we might work the works of GOD?

29 JESUS answered and said unto them, This is the work of God, that ye believe on Him Whom He hath sent.

30 They said therefore unto Him, What sign shewest Thou then, that we may see, and believe Thee? what dost Thou work?

31 Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

32 Then JESUS said unto them, Verily, verily, I say unto you, Moses gave you not That Bread from Heaven; but My Father giveth you The True Bread from Heaven.

33 For The Bread of GOD is He Which cometh down from Heaven, and giveth life unto the world.

34 Then said they unto Him, Lord, evermore give us This Bread.

35 And JESUS said unto them, I AM The Bread of Life: he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst.

Who then is our Redeemer JESUS CHRIST?

He is The Who is The I AM Incarnate, Who becomes The Bread of Life in Holy Eucharist [JOHN 6:35],

"In raining down bread from Heaven upon the whole Israelite community, The LORD wanted them to "know that I The LORD, AM Your GOD." [EXODUS 16:12]

Similarly, when JESUS reveals to the crowd that He is "The Bread of GOD Which comes down from Heaven and gives life to the world," [JOHN 6:33-35] He reveals that "on him The Father, GOD, has set His seal" [JOHN 6:27]

When we believe in JESUS as The One sent from GOD, we "learn CHRIST," as Saint Paul says, which means we discover that The "Truth is in JESUS" [EPHESIANS 4:21-22]

and have our minds renewed by GOD's Own Righteousness [EPHESIANS 4:23]. In The Holy Eucharist, we find nothing less than JESUS Himself, The Bread of Life [JOHN 6:32].

We believe, we adore, we consume - never to hunger again." *

*["Believe in The One He Sent" by Saint Melito of Sardis. Mass commentary, Eighteenth Sunday in Ordinary Time. The Magnificat, 8/01/2021, p 28-29&24.]