



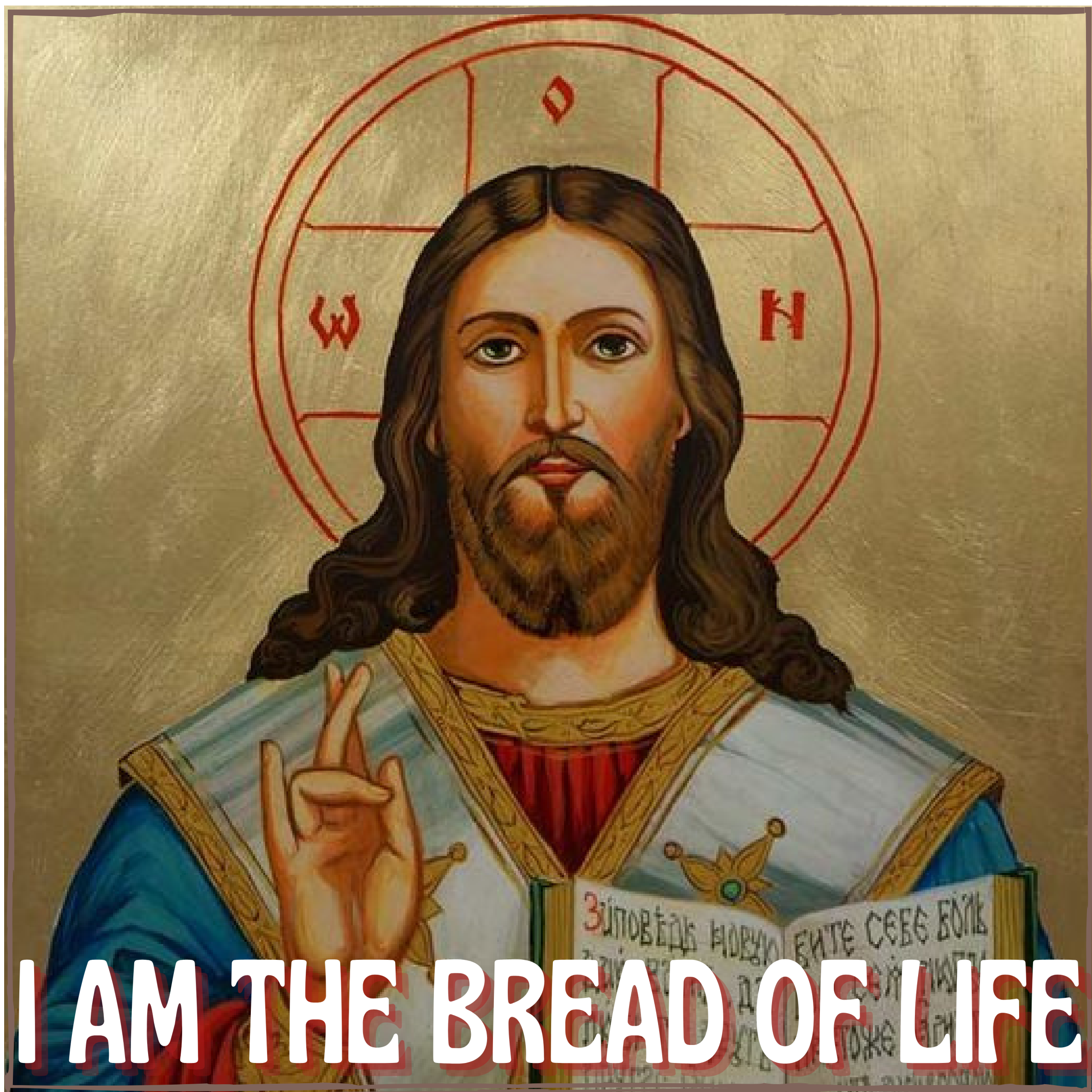
St. Mary & St. Joseph Coptic Orthodox Church  
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*"I am the bread of life" (John 6:35)*

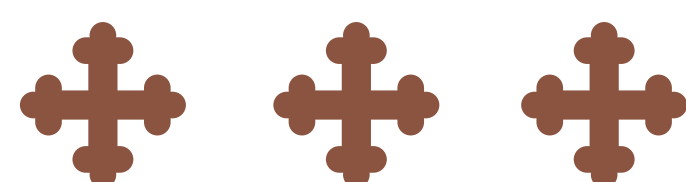
# THE ROCK

THE LORD IS MY ROCK.

**- PSALM 18:2**



March 2021



## Reflection on (John 6:35):

*“And Jesus said to them, ‘I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.’”*

When a crowd of people follow Jesus across the sea after witnessing His miracle with the five loaves and the two fish, He preaches about how man does not need to labor for food which perishes in this world. Rather, Jesus teaches to seek after the enduring food which leads to eternal life—the food that the Son of Man provides. Jesus states that He is the bread of life. When analyzing this verse further, Jesus means that if we simply believe in God and follow His word, we will never have the desire for any worldly possession for God’s love will fill our hearts. By dedicating ourselves to Jesus, we can trust that He will provide for us. During this Lent, we should not only fast from certain foods, but also from other consumer goods and earthly possessions. Rather than becoming attached to our temporary life on Earth, we must continually work on our spiritual journey through fasting and prayer in order to achieve eternal life with God in Heaven. One only needs to follow the word of God to be satisfied in this life. This verse from the Gospel of John is symbolic of the futility of earthly and materialistic objects. We only require God, as He will provide us with all our spiritual and tangible needs if we simply maintain our faith in Him.



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