

AUGUST 19, 2018



TWENTIETH SUNDAY IN ORDINARY TIME



PROVERBS 9:1-6

PSALM 34:2-3, 4-5, 6-7

EPHESIANS 5:15-20

JOHN 6:51-58

REFLECTION

The Church teaches that when the Eucharist is consecrated during Mass, the bread and wine are “transubstantiated” into the Body and Blood of Christ. But the change is only to its “substance”—the “form” of bread and wine remain the same. Think about an ice cube melting; it still has the same substance, but the form changes from ice to water. The Eucharist is the opposite of that. Its form as bread and wine never changes, yet its substance does—by the power of the sacrament, it becomes Christ. And so by consuming the Eucharist, we also become the Body of Christ. For me, that always brings up one question: How are you changed by your participation in this sacrament?

ACTION

When we think about the sort of transformation discussed in the Eucharist, we don’t often relate it to our own lives. But we all grow throughout our lives—our cells are constantly dying and reproducing. Our very forms change throughout our lives (sometimes pretty rapidly when we are in middle school and high school!). So, thinking about your own physical and mental growth during these years, ask yourself: Is your substance ever changing? We know that our bodies change, but do we ever let ourselves change? Have you ever had an experience that changed you, that transformed you in some way? Are you open to that, or are you convinced about who you are or want to be, and do you resist anything that might interfere with that?

By embracing faith, by engaging with our spirituality, we open ourselves up to being transformed. Christ offers us the opportunity to be transformed, to become his Body in the world. And we in turn are asked to help transform the world. So, the whole story of Christianity is one of transformation. As a challenge, ask yourself how you could transform the world—how could you help bring about God’s kingdom on earth? What transformation might you still need in order to do that?

JOURNALING QUESTIONS

- Are you open to being transformed? Or do you resist the idea of changing in any way you don’t plan on?
- What role do you see for yourself in transforming the world/people around you?