

**True Satisfaction is only in Jesus the Bread of Life – Tuesday in 3<sup>rd</sup> Week of Easter (Acts 7:51-8:1a, John 6:30-35) April 28<sup>th</sup>, 2020.**

My brothers and sisters, our world today is full of fanciful and pleasurable things that we spend much of our time running after them. However, these pleasurable things have never satisfied us which the prophet Isaiah tells us, “why spend your money and labour for that which does not satisfy” (Isaiah 55:2). So, Jesus declares in today’s gospel, “I am the bread of life. He who comes to me will never go hungry. And he who believes in me will never be thirsty.” This is really good news to our ears but very challenging when it comes to the reality on the ground, especially in our current unfortunate situation. Do you believe that in the midst of this pandemic, it is only Jesus who can satisfy you forever and fill you with his healing and life-giving Bread?

Stephen in our first reading found fulfilment and contentment while undergoing his painful death. In the midst of his suffering of being stoned to death, Stephen sees the Heaven open and the Son of Man standing at the right hand of God. Thus, Stephen joyfully surrendered his spirit to God saying, “Into your Hands Lord, I commend my spirit.” Stephen is therefore honoured as the first martyr of Christianity, whose death modelled on that of Jesus, led him straight to Heaven with great satisfaction.

We are told that Saul of Tarsus fully approved the stoning of Stephen to death, but Stephen accepted his death peacefully. He did not meet anger with anger, but like Jesus forgave his executioners saying, “Lord, do not hold this sin against them.” His last words, “Into your Hands Lord, I commend my spirit”, should encourage

each one of us to unite ourselves with Jesus in spirit in our daily lives. What St. Augustine once said is very right for us today, “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.” If we search for satisfaction without Jesus, we may find life far from being fulfilling. May these words be in our hearts to draw us closer to Jesus our life. **Amen.**

**By Fr. Emmanuel Subaar**