

# ***The Bread of Heaven: Entrusting God's Care of Those We Love***

Mk 1: 1-9a; 19-21

## **Opening Prayer**

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Through faith and Your grace, permit me to turn over all that troubles my heart that you may live in me and me in you. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

## **Gospel Reading**

During those days another large crowd gathered. Since they had nothing to eat, Jesus called his disciples to him and said, "I have compassion for these people; they have already been with me three days and have nothing to eat. If I send them home hungry, they will collapse on the way, because some of them have come a long distance." His disciples answered, "But where in this remote place can anyone get enough bread to feed them?" "How many loaves do you have?" Jesus asked. "Seven," they replied. He told the crowd to sit down on the ground. When he had taken the seven loaves and given thanks, he broke them and gave them to his disciples to set before the people, and they did so. They had a few small fish as well; he gave thanks for them also and told the disciples to distribute them. The people ate and were satisfied. Afterward the disciples picked up seven basketfuls of broken pieces that were left over. About four thousand men were present.

Aware of their discussion, Jesus asked them: "Why are you talking about having no bread? Do you still not see or understand? Are your hearts hardened? Do you have eyes but fail to see, and ears but fail to hear? And don't you remember? When I broke the five loaves for the five thousand, how many basketfuls of pieces did you pick up?" "Twelve," they replied. "And when I broke the seven loaves for the four thousand, how many basketfuls of pieces did you pick up?" They answered, "Seven." He said to them, "Do you still not understand?" [Mk 1:1-9a; 19-31]

## **Commentary**

I remember hearing of a study once revealing how important it is for physicians to be cognizant that those recently diagnosed with cancer face two problems simultaneously. The first set of issues is the cancer itself – "What will become of me? What will treatment be like? Will I be in a lot of pain?" and so on. The second set of issues was about loved ones – "How will they manage? What will become of them? They have so much going on in their own lives, how will they cope having to care for me?" Most interesting was that the second set of issues were much more troublesome than the first. The care-receiver had become the care-giver. This care-giving role in many instances had become unimaginably burdensome to the individuals in this study, ranging from immense guilt over their cancer to fear and anxiety about how the ones they loved would cope if the cancer treatment were unsuccessful. These feelings, of course, are part of our

nature; it is what makes us alive, human. And it is what makes God love us – more than we could possibly know or imagine. As Jesus' caring for those who were hungry, will He not assure of the feeding of those we love in times of trouble. Some scholars say the Miracle of the Feeding was really no miracle at all, but rather people placing into the baskets food that they had brought with them to share with others. If this was the case, the miracle is even more profound isn't it? Because of love of one another, even total strangers, those in the group shared all that they had. Thus, leaving it all to God, in faith and in thanksgiving is to truly enjoy the Bread of Heaven.

## **Meditation**

Before beginning this meditation, assure that you will have at least 30 minutes of uninterrupted time with God in a comfortable place. After reflecting on the Gospel and Commentary, expect to be led to God, not to “talk” to Him, but rather for a “listening”. Distractions during a meditation are normal. If you feel yourself talking to God or thinking of something else, simply acknowledge the thought and instruct yourself to return to the meditation in silence. As advised in Ecclesiastes, “... there is a time to speak,...” But, now is not that time. Now is “...a time to be silent....”

Read through the meditation below. Then, after re-reading the Gospel & Commentary, expect to be silent, listening to God for as long as you feel He is speaking to you. Accept the mystery of God’s presence in your heart in whatever forms it takes – through quietness or through a distinct feeling of communication. Whatever form your meditation takes will be the right form for now. Accept God’s gift and trust in Him.

To begin this meditation, find a comfortable spot where you will be uninterrupted for at least 30 minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Visualize all the things that trouble you fall from your shoulders onto the ground, leaving your body light as a feather.

Visualize yourself on a warm, sunny day, walking up a slight hill in the country, full of Spring flowers and tall grass. Feel the warm sun on your face. Breathe in the fragrance of the flowers and uncut grass. As you continue leisurely up the hill, you notice someone resting against the base of a tree at the top of the hill. As you walk closer, you recognize that it is Jesus. He seems to be waiting on you, watching as you approach. Soon you arrive at the crest of the hill and find yourself sitting next to Jesus. Hear Him state, “I have been waiting for you. I know that you need Me. Tell me all that is going on with you.” Hear yourself tell Him all that is going on – things that encourage you and things that trouble you. Hear yourself say, “I am so worried about those that love me.”

For the next several minutes, quietly listen to Jesus’ response to you. Resist talking to Him, but rather listen for as long as you feel His presence and/or instructions in your heart.

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal calendar and/or on anything handy and refer back to them in two weeks.

## **Sharing Your Vision with Others**

If you are so called, turn to the Reflections Journal and, using the guidelines provided, share

your meditation with us. Regardless of how insignificant you feel your meditation might have been, your small candle may become a floodlight for others. So, with all humility, prayerfully consider sharing Christ's revelations in your life with us so that we might share them with others.

For an online version of this mediation, to download the Reflections Journal, or to access other mediations like the He Is Risen Indeed Easter series, visit [www.chipcaldwellassoc.com/BSA/meditations.html](http://www.chipcaldwellassoc.com/BSA/meditations.html)

