



This is the Bread which came down from Heaven

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““As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me.”¹

Christ’s words concern every one of us, because we were given this grace: to eat the body of the living Christ.

There are many liturgies, and the Bread of life that came down from Heaven is given out, distributed, and we all partake of the Eucharist; but this verse requires deeper understanding.

The Father lives; because He exists, He is the source of life.

I am a human being; alive, created with a soul, and live the life of humankind.

But the life of God is another kind of life. So, when Christ wanted to give us life, He gave us the life that is only of God, God’s life.

Can mankind receive God’s life? The disciples could not understand this; this statement was difficult for the disciples to accept. “This is a hard saying; who can understand it?”²

They asked Jesus how. He replied, ‘I will give you My Body to eat.’

Of course, if any human being who thought only of the physical heard someone saying, ‘I will give you my body to eat,’ they’d find it difficult to accept even now.

¹ John 6:57

² John 6: 60

This is why Jesus said to them, “You judge according to the flesh;”³ “The words that I speak to you are spirit, and they are life;”⁴ not according to the flesh; I will truly give you My body to eat.

This is a great miracle.

We were born in the faith, have attended many liturgies, and received communion many times, but God opens our eyes and reveals to our minds the gifts we receive: the life that is in the Father and the Son.

“As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me.”⁵

Christ gave us Himself; He gave me—the weak, sinful man made of dust—He gave me this life; the life of God; what a gift!

This gift is greater than divine gifts; it’s not a thought or idea, but an act.

The two great acts that take place in our lives are the act of being born of God, and the act of partaking of the body of the Son of God; these two acts are not ideology nor theory, but acts.

The first act of being born from above...all men are born. Parents beget children, but greater than that is being born from above, being born of God. Giving birth is an act.

Those who are born of God become God’s children. And whenever we eat His body, we live by Him.

When our realisation has become weak, we live according to the flesh. Yes, we receive communion, but we do not receive communion as we ought to.

For if I had taken the body of Christ, “My flesh is food indeed;”⁶ “He who feeds on Me will live because of Me.”⁵

So, imagine that someone who lives according to the flesh—has the life of the flesh, the life of the world—begins to live a life that has the life of God, through abiding in God, and God abiding in Him, and through receiving the living body of Christ that gives life. This is a mystery, one of the greatest mysteries of God; He gave this to mankind.

³ John 8: 15

⁴ John 6: 63

⁵ John 6:57

⁶ John 6:55

Rationally, through my physical senses, I see bread in the paten, and I taste bread. This is according to the flesh. But according to the spiritual senses, the Spirit, one receives from beyond the visible.

For if God permitted us to see the 'Lamb sacrificed' or the 'body broken' for the salvation of humankind, we would not have been able to consume Him.

But He (God) reveals it in this form because of our weakness, for the weakness of my nature cannot absorb more than this form. This form, the Bread, "Take, eat."⁷

During the days of Ezekiel the prophet, in the beginning of his ministry, he saw a vision:⁸

God gave him a scroll; the scroll was opened, and it had writings on the outside and the inside, according to what is visible and what is a mystery. This scroll was given to Ezekiel and God told him to eat it; to feed the belly and fill the stomach.

The scroll is not for eating, yet Ezekiel the prophet, the man of God, was obedient. So, Ezekiel opened his mouth and God fed him the scroll, and it was like honey in sweetness in his mouth (but bitter in his stomach, as John the Beloved wrote in Revelation).⁹

According to the flesh, this is parchment.

Now, Christ explained this: "It is the Spirit who gives life; the flesh profits nothing."¹⁰

So, if you comprehend this mystery according to the flesh, you will profit nothing. Regrettably, this happens to many of us; we repeatedly receive the mystery without benefit. How can that be? Are we not receiving the body of Christ? Did He not say, "He who feeds on Me will have life"?

There will be no change in any person if we approach the mystery according to the flesh. The flesh profits nothing; if we approach the mystery using the senses and the comprehension of the flesh, then we receive the mystery without profit.

Christ said, "Your fathers ate the manna in the wilderness, and are dead."¹¹

Manna was bread from heaven. They were not supposed to die, but they died because they approached the manna through the flesh, the senses; that is why they died.

Therefore, the greatest sin is receiving the 'heavenly Bread', the 'body of Christ' in the physical, material sense.

⁷ Matthew 26:26

⁸ Ezekiel 2:9-10; 3:1-3

⁹ Revelation 10:9-10

¹⁰ John 6:63

¹¹ John 6:49

For this reason, the fathers warned us that when we approach this spiritual and awesome table, we have to have spiritual taste: spiritual comprehension or realisation of what we are about to consume.

Look at those receiving the mystery. A couple of minutes after receiving it, it is as if they have received nothing.

St. John Chrysostom rebuked his congregation because he was not supposed to be outraged, but was; he was about to leave his congregation because they did not know what they were doing in regards to the mystery of the eucharist.

The fathers warned us many times that before receiving the mystery we must repent, offer an acceptable repentance, live the life of repentance, reject sin, grow spiritually, live the commandments and Christian virtues, live humbly before God, bow down before Him in utter humility, live in love, without which we cannot approach this divine mystery... and much more, for they realised what they were supposed to do. They ate for their eternal life.

The equation is very simple: "As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me."¹²

Jesus is saying, 'I am one with the Father, of the same essence, because we are One God. When you feed on Me, you will live the same life.'

This changes the person who has the life of God in them to a godly person. By Him they live, unlike other people.

When you eat earthly food, it converts to energy, and this energy to life. If you do not eat, you will die. Then what will happen when I feed on Christ?

I become Him.

When I eat earthly food, it changes into me: cells, muscles, tissues, energy. But the food from Heaven will make you godly; spiritual.

If you search a church that has hundreds or thousands of parishioners, can you spot the spiritual person? Yes, they are visible as the sun.

So, if anyone receives communion and lives according to the world, they are worldly, not spiritual. In life, in eating and drinking, in marriage and divorce, in troubles, in sickness, they live according to the world.

Yes, they may attend church; they have communion; they might read the Bible, may hear a couple of sermons. Is this a spiritual person?

¹² John 6: 57

Who is the spiritual person? The one who feeds on Christ and lives by Him. Their mind is of the mind of God; their thoughts are the thought of God. Their intentions, their conscience, are ruled by the One who gives life.

But in the normal person there is a bit of hypocrisy, a little deceit; how, then, can I live by Him?

This is why we have to examine ourselves, correct our ways; because to keep doing the same, without realising I am receiving Christ to life...like, 'I have to have communion because I have exams, or I am travelling...so that God may preserve and protect me, or help me succeed.' This is a very strange kind of understanding!

I receive the eucharist so I can live because of Him, talk because of Him, so He is the One talking through me, so that my words to everyone are the same, without change, because Christ lives in me.

When I receive Him, I behave through Him and by Him.

How do you think Christ deals with sinners? Differently. In my eyes, sinners are evil because I do not live by Christ. If I truly receive the eucharist, then those sinners—in His eyes—He came to save.

Christ desires to lift us up to a godly standard in life, but we are far from it. He wants to lift us up to the godly standard, so I may see all His creation through His eyes.

All the saints lived by Him in truth. When they approached Him and were filled by Him, they acquired His character in dealing with people in longsuffering love and not judging. They have climbed so high in the heavenly ranks; He elevated them.

But as long as we live on the lower rungs like those of the world, we are yet to receive the eucharist, yet to come near to God, yet to attend a liturgy being spiritually prepared. So, when I feed on Him I live by Him, and will take Him with me, home, in the street, and in every occasion so that Christ who is working through us is seen, "for it is God who works in you both to will and to do for His good pleasure."¹³ So, instead of my will or my desire, let it be according to His will and His good pleasure.

We need to examine ourselves, to worship God in spirit and truth; not in name, but through His life.

Glory be to God. Amen"

¹³ Philippians 2:13