



“I’m Hungry!”

FR. JOSEPH JUKNIALIS

Besides the meals we eat, we also feed various other hungers throughout the day. Try “fasting” from your smartphone or computer for a day—no texting, no emails, no surfing the internet. If you are a news junkie, try going a day without your fix of the latest word from Washington or a sports update. At a creativity workshop, I was once given an assignment of not reading for an entire week, not even a cereal box at breakfast or the day’s TV schedule. The goal was to discover what I would do with all my extra time. Think about what feeds our daily hungers and interests.

What, then, does it mean to say that Jesus is our bread, that he is the one who feeds us and quenches our thirst? To come to him, to have faith in him, to follow him, is to live as he lived. When we do so, we find that our lives take on new meaning. Living as people who forgive feeds our hunger for peace with one another. Generosity breeds generosity; as we meet the needs of others, we find that others also meet our needs, and slowly the world begins to care and heal. Surrendering to God’s ways opens us to a wellspring of strength previously unknown. With Jesus as our bread, we find ourselves fed beyond our trivial hungers. ●

Reflect

**Are you finding healthy ways
to feed your hungers?**

