



The Bread of Life.

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(Translated by E. Lummis)

Ego sum panis vitæ.
I am the Bread of Life.
JOHN. VI, 35

IT was Jesus Himself who gave the name. It was He alone who could thus name it. If an Angel had been called upon to give a name to our Lord, he would have chosen one in conformity with His attributes, the Word, the Lord; he never would have dared to personify our Lord under the name of Bread. But Bread of Life, this is the true name of Jesus! In this name is comprised the entire life of Jesus Christ, His death and His resurrection. On the Cross. He is *crushed and ground* by tribulation as the wheat is ground into flour; after His resurrection He supplies to our souls the same condition that bread gives to the body. He becomes really to us the Bread of Life.

I.

Material bread sustains and supports life. We must sustain life by nourishment, or we will die of weakness, and bread is the fundamental and most substantial nourishment of the body. It contains more nutriment than any other food and can alone support life. The soul has received from God eternal life, it is immortal. But the life of grace received in baptism, renewed and revived by contrition and penance, the life of holiness and sanctity,