

When our Lord said, "I am the bread of life," He was referring to His divine love. St. John speaks of life as love. "We know that we have passed out of death into life, because we love our brethren. He who does not love, abides in death." (1 Jn. 3:14). Since life here means love, we can think that our Lord said, "I am the bread of love." As bread sustains life, love sustains the soul.

What then is love? It is the concern for the welfare of others. It is the opposite of selfishness. It is sacrificial. When we identify ourselves with others, their needs and aspirations will become ours. Then we will help the needy, forgive the sinners, respect the unworthy and obey as far as possible. Our Lord is the source of this love. He wants us to have this love. "This is my commandment that you love one another as I have loved you." (St. Jn. 15:12). Then we will have the joy which He has. Our Lord says, "These things I have spoken to you, that my joy may be in you and that your joy may be full." (St. Jn. 15:11). Following this our Lord asks us to love one another (St. Jn. 15:12).

By receiving Holy Qurbana we have to dedicate our lives to lead a Christ-filled life, full of love. Thus we can prove to the world that our Lord is the bread of life.