

Friends, every **single** time we hear the Word of God proclaimed at Mass – but also every **single** time we read or listen to Scripture outside of Mass – we should expect to hear, sense or discern God **speaking** to us. Now, many of you have heard this from me already, but I don't often **hear** God speaking with **these** ears (real ears), but I do – and you can too – hear God speaking with **these** (point to heart) ears. God speaks words of knowledge, love and peace to **give** us life and nourish us. And so, I wonder, what did **you** notice as we listened to the Word of the Lord?

As I sat with the readings for Mass today over this past week, I sensed God inviting me – and us – to **remember** what God has **already** done in our lives. In my prayer – *this was on Thursday morning walking around the Moffatt Beach Headland* – I was drawn back to a time when I was about 15 years old. A time when I was scared and shy because I was experiencing **bullying** from two boys on the bus on the way home from school. In my prayer on Thursday morning, God said – or another way of describing it, God **revealed** – the tremendous transformation in my life from **that** time 30 years ago, until now. And so between Thursday and today, I've reflected on some key moments of learning and personal growth over those 30 years, and it's been incredibly nourishing – really giving me a sense of vitality and knowledge that God is not some distant, unknowable being, but intimately **with** me.

Reflecting on what God has already done in our lives is **exactly** what Moses tells the people to do in our first reading – why? Because even though – as Moses says – God always provided for their physical needs with food and water while they were wandering in the desert for 40 years, they're told – as are we here, in this moment – that human beings do not live on bread alone, *“but on everything which comes from the mouth of God.”* Think about that for a second: what comes **from/out of** our mouths? Primarily, words and breath. It's no coincidence, then,

that Jesus is known as ***The Word***, and Holy Spirit, the ***Breath of God***. And so when we reflect on what God has already done – and is doing – in our lives, we’re actually opening our hearts **to** and drawing life **from** Jesus, **the One who gives us life**.

(Yesterday, about 180 people...) (Many people here this evening have **just**) spent the day (at OLR church) reflecting on and learning about what **Jesus** has done, and is continuing to do, right here in our parish. We looked back over the past few years at how **He’s** animated three key areas in our parish: **A growing culture of evangelisation** (which means people sharing with other people how they recognise God’s active presence in their life). We heard about the significant increase in **lay people using their gifts to lead** in service of our Mission – **which is what?** Say it with me: **“To be a vibrant community that actively accompanies people to encounter Jesus.”** And thirdly, we heard about how we’re learning to trust that Holy Spirit is intimately present in our lives, empowering us for the Mission Jesus gives. Gathering all that happened together, it would be the understatement of the century to state that the day was life-giving and nourishing.

Friends, when we consume Jesus’ Body and Blood during Holy Communion, He nourishes us spiritually. But He **also** desires to nourish us by everything that comes from the mouth of God. Moses had to remind the Israelites to reflect on how God was present in their lives and we’ve been encouraged to do the same. Remembering what God has done and continues to do in our lives, in our families, and in our parish, is an opportunity to listen to what Jesus is speaking about His presence in our lives. May we be nourished by Jesus’ supernatural presence as we seek to draw life from Him, who lives and reigns in **our** lives, forever and ever. Amen.