

OT XVIII (A) Sunday > Homily ~ August 2, 2026.

The central theme of today's readings is very powerful: God is a loving Father who cares for all our needs - both physical and spiritual. He does not abandon His people. Instead, He invites us to trust in His generous love.

In the first reading, the prophet Isaiah speaks to a people who are discouraged and living in exile. God promises them not only a return home but also a rich banquet - a sign of His forgiveness, His mercy, and His desire to restore His people. The Psalm echoes this beautiful assurance: *"The hand of the Lord feeds us; He answers all our needs."*

In the Gospel, we see this promise fulfilled in Jesus. Faced with a hungry crowd, Jesus does not send them away. He has compassion on them. With only five loaves and two fish, He blesses, breaks, and gives the food and everyone eats until they are satisfied. This miracle is more than the feeding of hungry people. It points to the greatest gift Jesus would later give us - the Holy Eucharist. Every Mass continues this miracle, where Christ feeds us with His own Body and Blood, strengthening us for our journey of faith.

St. Paul reminds us in the second reading that nothing can separate us from the love of God in Christ Jesus. Even when life is difficult, when we experience sickness, loss, uncertainty, or failure, God's love remains constant. We can trust Him completely.

Today's Gospel also challenges us. The miracle began when someone was willing to offer five loaves and two fish. It seemed small, but in the hands of Jesus, it became enough for thousands. The Lord asks us to place our own gifts - our time, talents, resources, and acts of kindness - into His hands. He can multiply them beyond what we can imagine.

As Eucharistic people, we are called to imitate Jesus' actions: to receive God's blessings with gratitude, to bless others with love, to break away from selfishness, and to give generously. Our families, our parish, and our society need people who are willing to share, to care, and to serve.

As we come to receive the Eucharist today, let us ask for three graces: first, to hunger for God's Word and His Sacrament; second, to trust completely in His loving care; and third, to become bread broken for others through generous and joyful service.

May Mary, the Mother who always leads us to Jesus, help us to trust in God's providence and to share His love with all whom we meet.