

One Bread, One Body

St. John of Capistrano

Ephesians 2:12-22

View Readings Psalm 85:9-14 Luke 12:35-38

Similar Reflections

JESUS THE SAVIOR: OUR HOPE,

OUR LORD, OUR GOD! "But now in Christ Jesus..." —Ephesians 2:13

Almost everyone reading One Bread, One Body is a Gentile, that is, not Jewish. In the Bible, we Gentiles were described as:

having "no part in Christ" (Eph 2:12),
"excluded from the community of Israel" (Eph 2:12),
"strangers to the covenant and its promise" (Eph 2:12), and
"without hope and without God in the world" (Eph 2:12).

"But now in Christ Jesus" (Eph 2:13), we Gentiles:

"have been brought near through the blood of Christ" (Eph 2:13),
have been reconciled to God "in one body through His cross" (Eph 2:16),
"have access in one Spirit to the Father" (Eph 2:18),
"are strangers and aliens no longer" (Eph 2:19),
"are fellow citizens of the saints and members of the household of God" (Eph 2:19),
"form a building which rises on the foundation of the apostles and prophets, with Christ Jesus

Himself as the Capstone" (Eph 2:20),
are "a holy temple in the Lord" (Eph 2:21), and
are "a dwelling place for God in the Spirit" (Eph 2:22).

Jesus has changed our nature and changed our future. He has changed us from weeping in the night to rejoicing with the dawn (Ps 30:6). He has changed our mourning into dancing (Ps 30:12). He has changed our lives from living death (see 1 Jn 3:14) into eternal life. Thank Jesus. Love Jesus. Worship Jesus. Live and die for Jesus.

Prayer: "Jesus, my Lord, my God, my All!"

Promise: "It will go well with those servants whom the Master finds wide-awake on His return." —Lk 12:37

Praise: St. John, a lawyer and a governor, offered his intellect and life to Jesus and became a fruitful preacher.
