

## Satisfying Our Hunger

Infants cry when they are hungry. Now your children can say, “We’re starving,” or “There’s nothing in this house to eat?” Satisfying that hunger with good nutrition is a daily challenge. You have told your children to drink their milk since they were old enough to hold a cup. You have encouraged them to eat their vegetables because carrots, for example, are good for their eyes. We are what we eat.

Though an inadequate comparison to be sure, we can make a simple connection to Eucharist. When we receive the Body of Jesus we are filled with God. He dwells in us and transforms us into a living tabernacle, so to speak. We become what we eat, we become like Jesus. The more often your child receives Holy Communion, the more potential she has to possess the attitude of Jesus and to help change the world.

God has created us to hunger for him in much the same way that our bodies crave food. Our longing for God is a hunger he feeds in the Eucharist and in every facet of our relationship with him. Praying before meals is a way to connect those hungers. Whether you are eating fast food in the car, eating pizza on the fly, or gathering around your table, recognizing God’s presence and giving thanks with a blessing will reinforce that connection.