The first time I left my parents and my home country was the year I came to the United States to attend college. It was no easy task to adjust to a new culture, to attend a new school, and to learn to live with a roommate all at the same time. But what I found to be particularly trying was the fact that I missed my mother’s cooking and all the comfort food that I was used to. I found myself wandering around in the cafeteria during mealtimes, not knowing which one of the unfamiliar entrées to pick and wondering if I would even survive.

When I finally managed to call my parents (an international collect call, nonetheless, before the days of cell phones), I cried more than I could speak. Sensing my despair, my parents encouraged me to set my sights on the bigger picture and reminded me of the focus of this academic journey.

When it comes to our spiritual journey, what is the bigger picture? In this verse, Jesus tells us that he and he alone is the staple that sustains our life. By going to him in faith and abiding in him, our spiritual hunger will be satisfied and our thirst quenched. Yet all too often in life, we crave for one thing or another, only to find out in the end that it is somewhat lacking, that we are still left wanting and in despair. Have you forgotten to set you sights on the bigger picture? Have you neglected to let Jesus be your focus, willingly and faithfully surrendering yourself to him as a way of life?

Life Question: Have you faithfully answered Jesus’ call to come to him and to believe in him?

Prayer: Dear Father, sustain us with your living bread daily to nourish our soul. Amen.

Borrée Kwok, Dean of the Library