

# Read

Deuteronomy 8:2-3,  
14b-16a

Psalm 147:12-13, 14-15,  
19-20

1 Corinthians 10:16-17

John 6:51-58

## LIVING THE WORD

# Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)

June 14, 2020



## REFLECTION

Although we are far from Christmas Time, today's Gospel celebrates the gift of the Incarnation. Out of love, God became human to join and journey with us through our life. Jesus reminds us that no matter what we encounter in life, we can unite our experiences with his. We can turn to Jesus in times of temptation, just as Jesus himself was tempted in the desert. We can turn to Jesus in times of sadness, just as Jesus himself wept at the tomb of Lazarus, his friend. And, perhaps most importantly, we can turn to Jesus in times of celebration, just as Jesus himself shares excitement and joy with his friends and their ministry together.

When Jesus tells us to eat his flesh and drink his blood, Jesus invites us to encounter and accept all that is Jesus. We then become what we eat and drink. We are called to bring life to others, just as Christ brings life to us. We are called to be hope for others, just as Christ brings hope to us. After receiving Christ in the Eucharist we are commanded to go forth and share him with all whom we encounter. This is not some nice idea or suggestion. This is our command and creed.



## ACTION

Encountering Christ in the Eucharist is an important form of nourishment for Christians. How do you feel when you are hungry? Similarly, how do you feel when you are hungry for God? We often plan our days around scheduled meals, as we need nourishment to continue our day. Is the same not also true for our relationship with God? Set aside three times during the day to encounter God in prayer. This way you will be both physically and spiritually nourished.

*"Jesus said to them,  
'I am the bread of life;  
whoever comes to me will  
never hunger, and whoever  
believes in me will never thirst.'"*



—John 6:35

## ? QUESTIONS

- ❖ What do today's readings teach you about the Christian life?
- ❖ What does it mean for you to become what you receive?
- ❖ How can you be the Body and Blood of Christ for others?



June 14, 2020

# SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

## LECTIONARY #167A

Deuteronomy 8:2-3, 14b-16a

Psalm 147:12-13, 14-15, 19-20

1 Corinthians 10:16-17

John 6:51-58

## Prepare for the Word

*The following elements may be used by the catechist, teacher, or youth minister to prepare to facilitate today's session with teens. You may integrate this information into the reflection and discussion on today's readings.*

### Leader's Context

Christ's, Body, Blood, Soul, and Divinity are present before us in the Eucharist. Our saving meal in Christ both fills our hunger and sends us forward into the world so that we can serve God and one another. Our Lord did not leave us on earth without him; he left us with the tremendous gift of himself in the Eucharist.

**Q FOCUS:** *In the Eucharist our hunger and thirst is satisfied.*

### Liturgical Calendar Connection

Although Easter Time ended at Pentecost, the last few Sundays have each had a specific theme and observation. Next Sunday begins a long stretch of Ordinary Time without specific Sunday observations. Ordinary Time is named for ordinal numbers, and next week is the Twelfth Sunday in Ordinary Time. This time period stretches to November, and ends as Advent begins.

### Church Teaching Connection

"Taking part in the Eucharistic sacrifice, the source and summit of the Christian life, [the people of God] offer the divine victim to God and themselves along with him. And so it is that, both in the offering and in holy Communion, in their separate ways, though not of course indiscriminately, all have their own part to play in the liturgical action. Then, strengthened by the body of Christ in the Eucharistic communion, they manifest in a concrete way that unity of the people of God which this most holy sacrament aptly signifies and admirably realizes" (*Lumen gentium*, 11).

## Hear the Word

*Use this resource, a Lectionary, or a Bible to proclaim the reading. The book should be held reverently or placed on a lectern. If possible, light a candle that is placed near where the Gospel will be proclaimed. Gesture for teens to stand.*

### Gospel Acclamation

*Use the same musical setting that is used in your parish or at school Masses. Teens may help with music and proclaim the Gospel.*

Alleluia, alleluia.

### Gospel

John 6:51-58

**Reader:** A reading from the holy Gospel according to John.

**All:** Glory to you, O Lord.

*All make the Sign of the Cross on their forehead, lips, and heart.*

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood,

you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.”

**Reader:** The Gospel of the Lord.

**All:** Praise to you, Lord Jesus Christ.

*Everyone may be seated.*

## Reflect on the Word

*When beginning the reflection and discussion about today's readings, first refer to the handout for today. Ask teens what they learned about themselves and about Christian discipleship from performing the action for the week and journaling. Ask teens about the readings of the day: What struck them? What do they think the readings mean? How do the readings affect their own lives? Then begin the following reflection:*

Last week we observed Trinity Sunday. Emphasizing the unity of the three persons of the Holy Trinity, we discussed how the Father, Son and Holy Spirit are three persons in one God. The three are in communion with one another, and desire to draw us into relationship and unity with God. In the Gospel reading today we hear about Jesus calling himself “the living bread that came down from heaven” and declaring “whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world” (John 6:51). This verse tells us about who Jesus is in the Eucharist and what the Eucharist means to our souls.

In the Creed we say that Jesus Christ suffered, died and was buried, rose again on the third day, and he (later) ascended to heaven. We wait in joyful hope for Jesus to return again. When Jesus returned to the Father he didn't leave us alone and without his presence. The Holy Spirit is sent to us to be our guide, and Christ left us his presence in the Eucharist. All around the world, Catholic parishes have the Eucharist, and Catholics everywhere receive Jesus Christ in the Eucharist.

### ► What does it mean that we receive Christ in the Eucharist?

Sacraments give grace, and through this sacrament, Christ freely gives us himself—he gives us his body, blood, soul, and divinity. The Eucharist isn't a symbol of these gifts, it is, through transubstantiation, Christ, present with us. When Christ is present with us, and we receive him in the Eucharist we receive grace.

After the Liturgy of the Eucharist, when the Mass is ending, we are sent forth from Mass into the world. When we leave Mass it isn't because the music stopped—it is because going to Mass and receiving Christ in the Eucharist strengthens us to do what Christ has asked us to do for others.

All of our souls crave Jesus. As St. Augustine wrote, “Our hearts are restless until they rest in you (God).” Every single person who lives, who has lived, and who will live, has a heart that needs God and is restless until that heart rests in God. In short, humans are made to know God and his great love for us. When a heart is restless, the person may look to quell that restlessness with other things—distractions, music, new purchases or alcohol and drugs. When the heart has false love shown to it, the heart may be quiet for a time, but that restlessness wears on again, driving the person to find that which will settle the heart in love and peace. When the heart rests in God, true peace can reign in that heart. We are not made only for ourselves; indeed, no—we are made to live in communion with God and one another.

When we eat the bread from heaven, we are drawn closer into relationship with our Lord. We are fed by his body and blood, and we are drawn closer to him. We, in turn, respond to Christ's saving meal by responding to Christ's call in the Gospel. The Catechism of the Catholic Church richly describes the Eucharist as “the sum and summary of our faith: ‘Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking’” (*Catechism of the Catholic Church*, 1327). Let the Eucharist form your thought, form your heart, and transform your life.

## Wrapping It Up

*Consider these points to conclude the discussion and reflection. Integrate the thoughts and ideas that surfaced during the discussion as well as the "Church Teaching Connection" on page 214.*

**When has your heart been restless for God, and how has that restlessness changed as you've grown up?**

**When your heart has found rest in God, what has your experience been like?**

**How has your understanding of the Eucharist grown and changed in the past several years? How can you grow closer to Christ in the Eucharist now?**

## Act on the Word

### Making Decisions in Christ

Christ fills us with grace and his love when we participate in receiving Eucharist. This drawing nearer to Jesus is at the same time a personal experience and one that involves those around us. This week, consider how we are sent forth from Mass, and how we go forth with Christ in our hearts. As you make decisions this week, consider how your decision reflects on your faith, and how your faith can shine in your choices.

## Time with Jesus

This week, make plans to spend time near the tabernacle in your parish church. Bring a book about our faith, or perhaps stories about saints. Open your time in prayer, and enjoy being near Christ in the Eucharist. Consider how tremendous are Christ's words that his body is "the living bread come down from heaven." Spend time in holy reading, and close in prayer.

## Closing Prayer

*Loving Lord,  
in the gift of the Eucharist,  
you share your presence with us and bind us  
close to you.  
May we who share in this feast mirror your  
presence to others  
and build up your kingdom on earth.  
You live and reign for ever and ever.  
Amen.*

## For Next Sunday

*To help teens prepare for next Sunday's Mass, print, email, or share on a blog or social media the handout found on the next page. The JPG and PDF files are available at [www.ltp.org/lwgr](http://www.ltp.org/lwgr). Encourage teens to attend Mass with family or friends.*