

# Read

Exodus 24:3-8

Psalm 116:12-13, 15-16,  
17-18

Hebrews 9:11-15

Mark 14:12-16, 22-26

## LIVING THE WORD

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

June 6, 2021

## REFLECTION

Today's Gospel recounts the Last Supper and the institution of the Eucharist. Catholics take Jesus' words, "this is my body . . . This is my blood" (Mark 14:22, 24), literally, believing that the fullness of Christ is truly present in the Holy Eucharist. While this is what we have always believed, in the thirteenth century, St. Thomas Aquinas helped the Church better understand what happens during the consecration using Greek philosophical terms. The "substance" of bread and wine is changed (through the power of the Holy Spirit) into the "substance" of the Body and Blood of Christ, while the "accidents," or physical appearance, remains the same. That's why this change is called transubstantiation (a change of substance). Knowing he was about to enter into his passion and die, Jesus gave us this tremendous gift. This is why we have such reverence and respect for the Eucharist; it is the Real Presence—the very essence—of Christ.

## ACTION

Belief in the Real Presence compels reverence for the Body and Blood of Christ. A devotional practice that intentionally does this is Eucharistic Adoration, where the consecrated Host is exposed in a monstrance. While Jesus is always present to us when we pray, it's like the difference between texting a friend and having a face-to-face. This week, find time to go to Eucharistic Adoration at your parish. But don't stop there. We were given this gift of Real Presence for a reason. You've heard it said: "you are what you eat." Well, theologically, we receive Christ in the Eucharist in order to become Christ for others. Consider this the next time you receive the Eucharist and go out into the world to be the face of Christ's compassion.



Watch this video about  
uniting our offering of  
self with Christ's offering to  
the Father: [https://vimeo.com  
/ltp/offering](https://vimeo.com/ltp/offering)

## QUESTIONS

- ❖ What do today's readings teach you about the Christian life?
- ❖ How do you give reverence and respect for the Body and Blood of Christ?
- ❖ How do you bring the presence of Christ to others?



June 6, 2021

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

## LECTIONARY #168B

Exodus 24:3-8

Psalms 116:12-13, 15-16, 17-18

Hebrews 9:11-15

Sequence: *Lauda Sion*

Mark 14:12-16, 22-26

## 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

The roots of the Eucharist are deep in the Old Testament. Rooted in the Exodus and flowering with the long-awaited salvation, Jesus feeds us with his very Body and Blood. The Eucharistic feast is our gift from Christ, and it gives us grace and strength in our lives. Like the lambs slaughtered to protectively mark the doors of the ancient Jewish families in Egypt, our Lord willingly shed his own blood to save the lives of the people he loved. After we receive the Eucharist, we are sent forth from the Mass to be like Jesus for one another. The sacraments give us strength as we walk on our journey toward God.

**Q FOCUS:** *Jesus feeds, nourishes and strengthens us with his own Body and Blood.*

### Liturgical Calendar Connection

The Solemnity of the Most Holy Body and Blood of Christ is also called *Corpus Christi* which means "Body of Christ" in Latin. This feast always occurs on the second Sunday after Pentecost. It is one of the solemnities of the Lord that happens during Ordinary Time. This coming week, the Church observes another solemnity of the Lord on June 11, the Solemnity of the Sacred Heart of Jesus. Ordinary Time gives us an opportunity to learn more about

Jesus' life and ministry and consider the ways in which we are called to discipleship.

### Church Teaching Connection

The faithful "should take part in the sacred service conscious of what they are doing, with devotion and full involvement. They should be instructed by God's word and be nourished at the table of the Lord's body; they should give thanks to God; by offering the immaculate Victim, not only through the hands of the priest, but also with him, they should learn to offer themselves as well; through Christ the Mediator, they should be formed day by day into an ever more perfect unity with God and with each other, so that finally God may be all in all" (*Sacrosanctum concilium*, 48).

## 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

Mark 14:12-16, 22-26

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

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

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

On the first day of the Feast of Unleavened Bread, when they sacrificed the Passover lamb, Jesus' disciples said to him, "Where do you want us to go and prepare for you to eat the Passover?" He sent two of his disciples and said to them, "Go into the city and a man will meet you, carrying a jar of water. Follow him. Wherever he enters, say to the master of the house,

"The Teacher says, "Where is my guest room where I may eat the Passover with my disciples?" Then he will show you a large upper room furnished and ready. Make the preparations for us there." The disciples then went off, entered the city, and found it just as he had told them; and they prepared the Passover.

While they were eating, he took bread, said the blessing, broke it, gave it to them, and said, "Take it; this is my body." Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God." Then, after singing a hymn, they went out to the Mount of Olives.

**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:*

► Can anyone describe what the Jews celebrate on the feast of Passover?

Many years before the time of Jesus, when the Israelites were captives in Egypt, God sent the plagues when Pharaoh refused to listen to Moses and let God's people go. The plagues began as disruptive events, painful events, and then concluded with the

angel of death going to Egypt and taking every first-born in the land. To mark their homes as dwellings that should remain untouched, God instructed Moses to have the people put the blood of a slaughtered lamb on the door of each Israelite home. The Israelites were to bake their bread before it had time to rise, so that they would be ready to flee Egypt and Pharaoh. The Israelites finally fled after the death of the firstborn offspring across Egypt. In memory of this night when their bonds were lifted and God saved his people, the Israelites began to observe the holy day Passover—named as such because the angel of death passed over their homes, leaving their firstborns alive.

► How does today's Gospel passage relate to the Jewish feast of Passover?

Jesus' last meal was a Passover meal that he was sharing with his disciples. It was no accident that the Last Supper was on this day. As we hear in today's Gospel, Jesus instituted the Eucharist on that day. He would become the lamb who would be slaughtered to save the people. This lamb would save and nourish us. The wine of the meal would become his blood, and the unleavened bread would become his body. Jesus was fulfilling his mission as the Lamb of God, who would take away the sins of the world. In our celebration of the Solemnity of the Most Holy Body and Blood of Christ, we give thanks and praise to God that he sent Christ to be this paschal sacrifice for us. Through Christ's Paschal Mystery, we are saved from death.

► When you receive the Eucharist, have you pondered Jesus as the Lamb of God who saves you? How does this image of Christ relate to other images you have of Christ?

## 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 206.*

**In ancient Egypt, the Israelites marked their doors with lamb's blood to mark their homes—a saving measure for their firstborn children.**

**Christ is the Lamb of God who was sacrificed for our salvation.**

**The Eucharist is meant to give grace and strengthen us in our walk toward God.**

## Act on the Word

### Body and Blood of Christ

*You will need to arrange a visit to your parish sanctuary or chapel for a time when Mass is not occurring.*

The Eucharist becomes the Body and Blood of our Lord when it is consecrated at the altar during Mass. Simple bread and wine before Mass, these unpretentious foods become our Lord. The Eucharist nourishes us and draws us closer to Christ. Nourished by Jesus, we are sent forth from Mass to continue being Jesus' love for others.

Initiate a group discussion with the young people about the Eucharist, and Jesus' Body and Blood. Discuss topics such as praying in front of the tabernacle, thoughts and feelings during prayer, the gift that we have in the Eucharist, how the Eucharist strengthens us, and how we perceive grace and strength. Discuss with the teens what we are meant to do when we are sent forth from Mass, fed by our

Lord himself. When Mass is not occurring, go to the sanctuary or the Blessed Sacrament chapel at your parish. Together with the teens, spend time in Jesus' company. Bring some reading material for students who wish to read spiritual books or pamphlets instead of praying. Spend time silently in that space.

After your time in prayer, discuss with the teens their experience of quiet prayer. Address topics such as why we believe it is Christ's Body and Blood present in the Eucharist, and why it is not just a sign of Jesus but really and truly Christ. You may want to address topics such as why the distinction matters and how we honor Jesus' Body and Blood in the Eucharistic feast and in the reserved Eucharist in the tabernacle.

### Closing Prayer

*God of abundant life,  
we thank you for nourishing us  
with the Bread of Life, Jesus the Christ.  
Guide our efforts to live this mystery  
of thanksgiving in all we do today  
and in whatever circumstances we  
may find ourselves.  
Through Christ our Lord.  
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.*