

JUNE 7, 2015



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



EXODUS 24:3–8

PSALM 116:12–13, 15–16, 17–18

HEBREWS 9:11–15

SEQUENCE: *LAUDA SION*

MARK 14:12–16, 22–26

REFLECTION

Think about the most important promise you've ever made. Who was it to? Did they promise you something in return? In today's reading from Exodus, the promise between God and the people of Israel is central. God delivered them from slavery into freedom. He made a covenant with them. The people have just heard what God is asking of them and the people say, yes, we will follow you, God. The covenant is sealed with the blood of the sacrifice of an animal—the customary way to honor God at the time. It is this deliverance from slavery into freedom that the Apostles are celebrating when they gather for a Passover meal in Mark's telling of the Last Supper. And Jesus makes a new promise, a new covenant—not with the blood of animals, as in the Exodus story, but with his own blood. "This is my body . . . This is my blood" (Mark 14:22, 24), he tells them.



**EUCCHARISTIC
ADORATION**
(REVERSE
MOMENTUM)

[www.youtube.com
/watch?v=oNEBJokFlm4](http://www.youtube.com/watch?v=oNEBJokFlm4)

ACTION

"Lamb of God, you take away the sins of the world." We sing these words shortly before we receive Eucharist. The next time you receive Holy Communion remember God's mercy. With mercy, God forgives our sins. We are then called to live out this mercy as we become more and more like the One whom we receive in Holy Communion.

JOURNALING QUESTIONS

- What is the most challenging thing for you about the Eucharist?
- What is the best thing about receiving Holy Communion?