

MAY 29, 2016



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



GENESIS 14:18 – 20

PSALM 118:1, 2, 3, 4

1 CORINTHIANS 11:23 – 26

LUKE 9:11B – 17

REFLECTION

Jesus is the staple that we need to survive in this world. He rounds out the story at the Last Supper, takes the bread and wine, speaks the words we hear at Mass today, and suddenly changes the context. It is no longer physical nourishment, it is spiritual nourishment. The climax of the story is that we receive something we cannot fathom yet deeply need—Christ's Body and Blood. The Eucharist gives us the nutrients we need to live a Christian life when the world makes it difficult. It isn't a symbol; it is reality. This reality, receiving the Body and Blood of Christ, remains our basic instruction for the week. It also sets us Catholics apart from our other Christian brothers and sisters.

ACTION

If you haven't gone to Mass yet this weekend, take time to truly listen to the words at Mass and hear the words of Scripture today spoken during the prayers. Receiving the Eucharist is a great gift and St. Augustine said: "be what you receive, receive what you are." When you receive the Eucharist it gives you strength to be Christ in the world. Be very conscious that what you receive is a treasure that has to be shared. Share your life, your love, in little ways, to those around you this week.

JOURNALING QUESTIONS

- How do you feel about receiving Eucharist? Is it something you do because everyone else does it or do you really believe? How do you prepare yourself to receive this gift?
- After you receive the Eucharist, how do you allow yourself to better hear God in your life?