

Sunday after Trinity Sunday

[161] **THE BODY AND BLOOD OF CHRIST** A

FIRST READING

The Lord gave you food that you and your ancestors did not know.

A reading from the book of Deuteronomy

8:2-3, 14b-16a

Moses told the people:

“Don’t forget how the Lord your God
led you in the desert for forty years.

The Lord did this

so that you would learn to depend on him.

And he wanted to know

if you were truly willing to obey him.”

“The Lord made you go hungry.

Then he gave you manna,

a kind of food that you and your ancestors had never heard about.

He did this to teach you that people need more than food to live.

They need every word that the Lord has spoken.”

“The Lord your God brought you out of Egypt,

where you were slaves.

He led you safely through a big and terrible desert

that was full of poisonous snakes and scorpions.”

“The Lord gave you water from solid rock.

And in the desert he gave you manna,

a kind of food your ancestors had never heard about.

He tested you like this to teach you to depend on him,

so that all would go well for you.”

The word of the Lord.

RESPONSORIAL PSALM

147:12 and 14, 19-20

R. (12) Praise the Lord, Jerusalem.

Everyone in Jerusalem,
come and praise

the Lord you God!
God lets you live in peace,
and he gives you
the very best wheat.

R. Praise the Lord, Jerusalem.

God gave his laws and teachings
to the descendants of Jacob,
the nation of Israel.
But he has not given his laws
to any other nation.
Shout praises to the Lord!

R. Praise the Lord, Jerusalem.

SECOND READING

Though we are many, we are one bread.

A reading from the first letter of Paul to the Corinthians 10:16-17

Brothers and sisters:

When we drink from the cup that we ask God to bless,
isn't that sharing in the blood of Christ?
When we eat the bread that we break,
isn't that sharing in the body of Christ?
By sharing in the same loaf of bread,
we become one body,
even though there are many of us.

The word of the Lord.

ALLELUIA

John 6:51

R. Alleluia, alleluia.

I am the living bread from heaven, says the Lord;
whoever eats this bread will live forever.

R. Alleluia, alleluia.

GOSPEL

My flesh is real food and my blood is real drink.

† A reading from the holy gospel according to John 6:51-58

Jesus said to the crowd:

“I am the bread from heaven!
Everyone who eats it will live forever.
My flesh is the life-giving bread
that I give to the people of this world.”

They started arguing with each other and asked,
“How can he give us his flesh to eat?”

Jesus answered:

“I tell you for certain that you won’t live
unless you eat the flesh and drink the blood of the Son of Man.
But if you do eat my flesh and drink my blood,
you will have eternal life,
and I will raise you to life on the last day.”

“My flesh is the true food,
and my blood is the true drink.
If you eat my flesh and drink my blood,
you are one with me, and I am one with you.”

“The living Father sent me,
and I have life because of him.
Now everyone who eats my flesh will live because of me.”

“The bread that comes down from heaven
is not like what your ancestors ate.
They died,
but whoever eats this bread will live forever.”

The gospel of the Lord.

The Body and Blood of Christ

Opening Prayer:

Dear Jesus, thank you for making it possible for me to receive your body and blood in Holy Communion. Thank you for wanting to be a part of my life here on earth. Please help me to always respect and appreciate your coming in the Eucharist. Amen

Readings:

First Reading: Deuteronomy 8:2-3, 14b-16a
Responsorial Psalm: Psalm 147:12 and 14, 19-20
Second Reading: Corinthians I 10:16-17
Gospel: John 6:51-58

Reflection:

Many times you have brought home for your parents something special that you have made in school or you bought your mother or dad a birthday gift. What do they do with it? I will guess that Mom put the drawing on the refrigerator or put that special birthday gift on a shelf where she will see it often. These things remind your parents of your love for them and they think of you when they see that special something. What do you do when someone special gives you a gift? I bet you either put it in your pocket or keep it safe in your bedroom where you can hold it, look at it or play with it. It reminds you of the person who gave it to you and you feel good about it.

Jesus too wanted to give us something of himself before he ascended to heaven after his resurrection. So at the Last Supper that he had with his friends and apostles. What did he give them so that we could remember him? He changed the bread and wine that was on the table into his BODY and BLOOD and said TAKE AND EAT, THIS IS MY BODY. Then he took the cup and said TAKE AND DRINK, THIS IS MY BLOOD. Do this in remembrance of me. Remember hearing these words at Mass? The priest says these same words at each Mass and Jesus changes the bread and wine into his body and blood so that we can receive him into our bodies. Jesus wants to be very close to us always because he loves us very much and wants us to remember him. Many years ago children had to be around 14 years old to receive Jesus in the Eucharist, but a very holy Pope called Pope Pius X changed all that and permitted younger children to receive Jesus' body and blood. He felt that boys and girls around the ages of six or seven should have this privilege of carrying Jesus within their bodies. Wasn't that nice of Pope Pius X to do that for children? The Pope was following the words of Jesus when he said in the Bible "Let the little children come too. Do not keep them away."

Reflection Questions:

What are some of the things that you have given your parents so that they can remember you and be proud of you?

Think of the pictures you have in your home that help you remember your brothers or sisters or grandparents who have given you something special and who love you.

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When I go to church do I listen and hear what the priest is saying? This is my BODY, this is my BLOOD. Take and eat. When you go back into church today pay close attention to what the priest is saying. You wouldn't want to miss that special time when Jesus comes into the bread and wine.

Activity:

Materials: Paper, markers or crayons

Fold a sheet of paper into fours and make a thank you card for Jesus. On the front of the card have the children draw a cup and a round piece of bread. Inside of the card have them print "a thank you note to Jesus for giving us himself in Holy Communion." When they go back to church encourage them to place their cards at the foot of the altar or in the collection basket. Whatever will work best in your situation.