

Solemnity of the Most Holy
Body and Blood of Christ
June 19, 2022

Faith @ Home

Solemnity of the Most Holy Body and Blood of Christ

First Reading: Genesis 14:18-20
Responsorial Psalm: Psalm 110:1, 2, 3, 4
Second Reading: 1 Corinthians 11:23-26
Gospel: Luke 9:11b-17

[Full Readings can be found here!](#)

1. HEAR

Grab your bible and look up the reading. If you don't have a Bible, you can find the Gospel reading [here](#).

To see a children's video of the proclamation of the Gospel, [click here](#).

To see a video of the proclamation of the Gospel for adults, [click here](#).

2. PRAY

In the Gospel today, we see Jesus performing the miracle of the multiplication of the loaves and fishes. The 5,000 people gathered around Jesus to listen to His words and teachings. Jesus saw the people needed food to sustain them physically, so he performed the miracle and fed them with the loaves and fishes.

Every time we gather at mass, we listen to the Word of God and then we are nourished by the most sacred Body and Blood of Christ in the Eucharist. God continues to nourish our souls every time we gather at liturgy.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

The next time you go to mass, intentionally pray with Jesus after receiving Eucharist. Tell Jesus how grateful you are for the gift of Eucharist. Thank Him for the love He shares with us through the miraculous transformation of the bread and wine that becomes the Sacred Body and Blood of Christ, which we consume at the table of the Lord. Pray with Jesus and ask Him to bestow the graces we need.

3. TALK

Jesus' ability to increase the amount of loaves (5) and fish (2) to feed the crowd of 5,000 was impressive! However, the meaning of this miracle far exceeds the act itself. What is apparent in Jesus blessing the bread and fish is the abundance of God's love for us. In multiplying the food source at the gathering, Jesus reveals that the love of God the Father will never run out, never cease to fill us. The miracle was more than a wonderful occurrence. It was an opportunity for the people present to witness that God answers the prayers of his only Son, the most Holy One of God.



Share with a family member or friend what it means to you to receive the Body and Blood of Christ at mass. Try to imagine what the people were thinking when they were fully fed and nourished by this miracle. Look for the deeper meaning in the Gospel and share your thoughts with someone or journal your feelings. After sharing your thoughts and feelings, pray a simple prayer of thanksgiving for the gift of God's love and Jesus's sacrifice for us.