

Solemnity of the Most Holy
Body and Blood of Christ
June 6, 2021

FAITH @ HOME

Solemnity of the Most Holy Body and Blood of Christ

First Reading: Exodus 24:3-8
Responsorial Psalm: Psalm 116:12-13, 15-16,
17-18
Second Reading: Hebrews 9:11-15
Gospel: Mark 14:12-16, 22-26

[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](#).

Proclamation of the Gospel Videos:

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](#).



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

2. PRAY

The solemnity of the Body and Blood of Christ reminds us that the Eucharist is a memorial of Christ's sacrifice on the cross.

We believe that Jesus is truly present to us in the elements of bread and wine.

As a family or individually take some time and prepare your heart to celebrate the Eucharist. Spend time in prayer with the readings of the mass. How are they speaking to you? Pray and thank God for his gift of the Eucharist.

Ask for openness and grace so that every time you receive the Eucharist your heart may be transformed and you are drawn closer to the Lord.

3. TALK

Share as a family or with a close friend.

Children, Teens & Adults:

What can you do to prepare for your celebration of the Eucharist?

Choose one thing and commit to do this one thing in the upcoming week.