

Solemnity of the Body and Blood of Christ
June 11th, 2023

FATH @ HOME

Solemnity of the Body and Blood of Christ

First Reading: Deuteronomy 8: 8: 2-3, 14b-16a
Responsorial Psalm: Psalm 147: 12-13,14-15,19-20
Second Reading: 1Corinthians 10: 16-17
Gospel: John 6: 51-58

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

1. HEAR

Let us listen and meditate on the words of Jesus in the Gospel of Saint John. In a first reading, let's pay attention to Jesus' statements about himself: "I am", "I give", "I will raise him up", "I live for him" etc. Each affirmation of Jesus as sent by God the Father brings with it a promise. And God's promises are not just words. They are a reality within the reach of every human being who wants to unite with God by accepting Christ as his savior and decides to follow him in his daily life.

When listening to the words of Jesus through this beautiful reading, also listen to your heart and contemplate the path of your life. Remembering the moments when God has been present in every important situation. Identifying the way in which God has been guiding you by the hand to live the faith with other brothers in the community, in the family and in a very special way in the Eucharist every Sunday receiving Holy Communion.

To watch a visual representation of the Gospel, [click Here](#)

To watch a visual representation of the Gospel for children,

[click Here](#)

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

2. PRAY

Prayer is a very effective way to connect our existence with God. It can be a moment of silence (interior and exterior) opening our hearts to God's revelation. It can also be expressing gratitude to God with words or feelings for his presence in our lives and in the Holy Eucharist. If you are



alone, take time to individually pray in gratitude. If you are with your family and/or friends, you can take turns briefly sharing a prayer of gratitude to God for sending us Jesus as savior and redeemer and for his presence in the Eucharist. After each participation, all can say:

"We thank you, Lord"

The following song can be very helpful to pray while listening to it as a family: [One Bread One Body](#)

3. TALK

Although prayer is essentially a conversation with God. At this time, what we ask and suggest is to enjoy a good, more open conversation among those present, be they family or friends: The following questions can help communication flow:

- How do I feel when I visualize Jesus speaking to me personally with the words of this reading?
- What kind of family do we become when we are all together at Mass listening, praying, receiving Communion and giving each other peace?

At the end of the conversation, give someone the opportunity to thank the others for what they have shared. Let's end by praying the Our Father together and making a personal commitment to God to accept him as divine food in our daily lives and thus overcome all obstacles and challenges.



Archdiocese of Los Angeles

Office of Religious Education

ore@la-archdiocese.org; www.lacatholics.org/religious-education