

## Solemnity of the Body and Blood of Christ

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

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

## 1. HEAR

Use your bible to look up today's Gospel reading. If you don't have a Bible, you can find the Gospel reading [HERE](#)

Watch a visual representation of the Gospel, [HERE](#)

Watch a visual representation of the Gospel for children, [HERE](#)

## 2. PRAY

In the 2nd Reading, St. Paul tells us of Jesus' own blood obtaining eternal redemption for us. Let us ask the Holy Spirit to open our hearts and minds to understand the importance of this sacrifice of Jesus for us and to thank Him for this gift of our salvation.

Ask Jesus to help us to be more unselfish in our lives and to be more like Him by giving of our time and talents to others in our lives and showing our love for them.

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

## 3. TALK

Today's readings speak to us of the importance of sacrifice to God made by Moses and that the blood of the sacrifice represents an unbreakable covenant with God. Jesus becomes the high priest and the sacrifice when He dies for us on the cross giving His

Body and Blood for us as the ultimate sacrifice to God, His Father to redeem us once for all.

Discuss as a group or in pairs the following questions for adults:

- What does blood represent and what is the significance of blood as binding in a covenant?
- How does the body and blood of Jesus offered by Him to His Father as a sacrifice for us and for our salvation, show His love for us?
- Why is Jesus now referred to as the Passover Lamb of the Sacrifice?

Questions for children:

- What things do you do for someone you love very much?
- Are you willing to give up the things you like to do for someone you love?
- Why do you think Jesus gave us His life on the cross?

This week, try to do something for someone in your life that requires you to give of your time or something you really like to do, as a sacrifice, to help them.

