

Solemnity of the Most Holy Body
and Blood of Christ

June 22th, 2025

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 Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#).

(Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, De Lann Society 1:39 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#).

(YouTube, Catholic Kids Media 1:46 min.)

2. PRAY

For prayer today, we suggest that you go to church and sit in front of the Eucharist.

Jesus healed those that needed to be cured, what needs healing in your life – physically, emotionally, or spiritually? Bring it to Jesus

What do you hunger for (love, forgiveness, reconciliation, peace, etc.)? Bring it to Jesus.

How can Jesus take your hunger and satisfy your deepest needs? Bring it to Jesus

Give thanks to Jesus that we have the gift to partake in the Holy Eucharist. We can choose to go to mass every day or sit with Jesus! Ask Jesus to tell you how he might be inviting you to carve out time to spend with Him. As you close your prayer time with Jesus, tell him how grateful you are to have Him in your life.



3. TALK

Share with a family member or friend how Jesus in the Eucharist has impacted your life. What came up for you in your prayer time with Jesus? When we are transformed by the Eucharist, how do we share that with others so that Jesus can satisfy transform them?



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

Archdiocese of Los Angeles

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