

Solemnity of the Most Holy Body
and Blood of Christ

June 07th, 2026

FATH @ HOME

Solemnity of the Most Holy Body and Blood of Christ

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

[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, WOW channel 1:26 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Gospel Reading for Kids channel 2:41 min.)

2. PRAY

Gather the family around a prayer space (a candle, a Bible, and a piece of bread). Listen to the Word of God: "I am the living bread that came down from heaven" (John 6:51).

A woman once shared that in the middle of a very busy day, she felt Jesus calling her to visit Him in the chapel. When she went, she felt so deeply loved that she began to cry. From that day on, her friendship with Jesus grew.

Take a moment of silence together as a family and become aware that Jesus is present with you. Then pray together: Jesus, Bread of Life, stay close to our family. Help us feel Your love and remain in You. Amen.

BELIEVE & LIVE THE EUCHARIST

Jesus is truly present in the Eucharist. When we receive Him, we are united to Him and to one another. This means we are never alone—Jesus is with us and invites us into friendship. Because Jesus gives Himself to us in the Eucharist, we respond by drawing close to Him and sharing His love.

As a family, we can live this by visiting Him and simply saying, "Hi Jesus, I'm here." We also remember Him at the table by recognizing that Jesus feeds our hearts, just as food nourishes our bodies. In the same way, we share His love with others through a simple act of kindness as a family during the week.

3. TALK

In today's Gospel, Jesus tells us, "I am the living bread that came down from heaven." He wants His followers to understand that He is not only a teacher or a friend from the past—He is truly present with us. At the Last Supper, Jesus gave us a way to remain close to Him in a real and lasting way through the Eucharist.



At Mass, we see bread and wine, but through the power of the Holy Spirit, they become the Body and Blood of Jesus Christ. Even though the Eucharist still looks and tastes like bread, Jesus tells us, "This is my Body." This means that He is truly present with us, even if we cannot see Him with our eyes.

For children and families, this mystery can be understood through simple experience. Just as food nourishes our bodies, Jesus gives Himself to us in the Eucharist to nourish our hearts and souls. He desires to be close to us, to remain with us, and to help us grow in love. The Eucharist is not only something we receive—it is a relationship we are invited into.

Just as we spend time with people we love, we are also invited to spend time with Jesus. We encounter Him at Mass, in Holy Communion, and in moments of quiet prayer, especially in Eucharistic Adoration. These moments help us recognize His presence and grow in friendship with Him.

As a family, take a moment to reflect together: Why do you think Jesus chose to stay with us in the Eucharist? Let each person share a simple thought or feeling. Then choose one small way this week to respond to His love—perhaps by visiting a church, taking a quiet moment of prayer, or showing kindness to someone in need.

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



Archdiocese of Los Angeles

Office of Religious Education

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