

June 18, 2017

The Solemnity of the Most Holy Body and Blood of Christ

### **I am the living bread come down from heaven!**

Deuteronomy 8:2-3,14b-16a

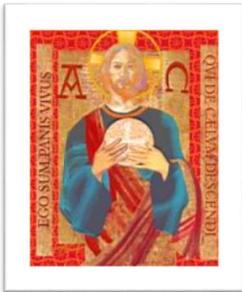
Psalm 47:12-15, 19-20

1 Corinthians 10:16-17

John 6:51-58

In the first reading Moses speaks to the people and reminds them of how God guided them through the desert for 40 years, tested their intentions, fed them with manna, brought water from the rock, and saved them from serpents and scorpions.

The Psalmist encourages the Israelites to glorify the Lord because their children are blessed, their gates to the city strengthened, harvests are plentiful, and there is peace. The Lord also has given the people knowledge of his laws and statutes, something not revealed to other nations.



In the second reading Paul emphasizes that the cup we participate in is Christ's blood, and the bread is truly Christ's body. We are many, he says, but are made one in the Lord. It is through the Sacrificial Banquet that God wills to bring unity and fellowship with one another in Jesus Christ.

In the Gospel Jesus clearly says that he is the living bread come down from heaven and his flesh and blood brings us to eternal life. His promise is that we will be raised on the last day. Some of the listeners quarreled among themselves about the meaning of his words.

God the Father sent life through the  
Son, who is the Living Bread, and  
The Holy Spirit brings us this nourishment.

The readings clearly remind us to be grateful for our many blessings. Moses tells the people that, yes, they were afflicted and tested but it was for their benefit so that they could get their priorities in order. We all encounter difficulties that appear as punishments or unnecessary hardships if we look at them from a worldly view, but in time we come around to see them as blessings in disguise. When you receive the Eucharist reflect upon your adversities and ask Jesus to help you see them as blessings.

### **The Body of Christ and the Holy Scriptures are Most Necessary for A Faithful Soul.**

While I am in this physical body, I acknowledge that I need two things, namely food and light. Lord, you have given me in my weakness your *Sacred Body for the nourishment of my soul and body* (John 6:50); and your *Word which is a lamp to my feet, a light for my path* (Psalm 119:105).

Without these two things I cannot live a vibrant spiritual life. It is the Word of God that brings light to my spirit and soul while the Bread of Life imparts life to them.

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