

June 14, 2020

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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# What Scripture Teaches about the Body and Blood of Jesus



*But now in Christ Jesus you who once were far off  
have become near by the blood of Christ.  
(Ephesians 2:13)*



## **The Body and Blood of Jesus Ransoms and Redeems!**

Realize that you were ransomed from your futile conduct, handed on by your ancestors, not with perishable things like silver or gold but with the precious blood of Christ as of a spotless unblemished lamb (1 Peter 1:18-19)

In him we have redemption by his blood, the forgiveness of transgressions, in accord with the riches of his grace. (Ephesians 1:7)

But when Christ came as high priest of the good things that have come to be, passing through the greater and more perfect tabernacle not made by hands, that is, not belonging to this creation, he entered once for all into the sanctuary, not with the blood of goats and calves but with his own blood, thus obtaining eternal redemption. (Hebrews 9:11-12)

"Give thanks to the LORD for he is good, his mercy endures forever!" Let that be the prayer of the LORD's redeemed, those redeemed from the hand of the foe (Psalm 107:1-2)

**Father, we thank You that through the blood of Jesus we have been redeemed and released from the grip of the Evil One. The Holy Spirit gives continued help in our deliverance.**



## **The Blood of Jesus Frees and Cleanses!**

To him who loves us and has freed us from our sins by his blood, who has made us into a kingdom, priests for his God and Father, to him be glory and power forever [and ever]. Amen (Revelation 1:5b-6)

But if we walk in the light as he is in the light, then we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin. (1 John 1:7)

Cleanse me with hyssop, that I may be pure; wash me, and I will be whiter than snow. (Psalm 51:9).  
Hyssop was used in the Passover to cover the doorposts and lintel with the blood of the lamb. (Ex 12:22)

**Father, we thank You for the light of Jesus and His blood  
that cleanses us now and continuously from all sin;  
thank you for the Holy Spirit who guides us  
into fellowship with our brothers and sisters and the saints.**



### **The Body and Blood of Jesus Justifies!**

But God proves his love for us in that while we were still sinners Christ died for us. How much more then, since we are now justified by his blood, will we be saved through him from the wrath. (Romans 5:9)

The righteousness of God has been manifested .....through faith in Jesus Christ for all who believe.....they are justified freely by his grace through the redemption in Christ Jesus, whom God set forth as an expiation, through faith, by his blood....(Romans 3:21-26)

**Father, we thank You that through the body and blood of Jesus we are justified,  
no longer guilty, we are acquitted,  
and the Holy Spirit leads us on sinless paths.**



### **The Body and Blood of Jesus Give Life!**

Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. (John 6:53-57)

I am speaking as to sensible people; judge for yourselves what I am saying. The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf. (1 Corinthians 10:15-17).

..whoever eats the bread and drinks the cup of the Lord without recognizing the body eats and drinks a judgment on himself. That is why many among you are sick and infirm, and why so many are dying. (1Corinthians 11:29-30)

**Father, we thank you for the precious Body, the precious Blood of your Son,  
from which we receive Your life, the life of eternal God,  
and the continual renewal through the Holy Spirit.**



### **The Body and Blood of Jesus Consecrates and Sanctifies!**

Therefore, Jesus also suffered outside the gate, to consecrate the people by his own blood. (Hebrews 13:12)

Besides this, we have had our earthly fathers to discipline us, and we respected them. Should we not [then] submit all the more to the Father of spirits and live? They disciplined us for a short time as seemed right to them, but he does so for our benefit, in order that we may share his holiness. (Hebrews 12:9-10)

...we have been sanctified through the offering of the body of Jesus Christ once for all. (Hebrews 10:10)

May the God of peace make you perfect in holiness. May he preserve you, whole and entire, spirit, soul and body irreproachable at the coming of our Lord Jesus Christ. (1Thessalonians 5:23)

**Father, we thank You that through the body and blood of Jesus we are brought to holiness,  
are sanctified, set apart, and the Holy Spirit guides us in building up  
“the body of Christ.”(Ephesians 4:12)”**



### **The Body and Blood of Jesus Gives Access!**

Therefore, brothers, since through the blood of Jesus we have confidence of entrance into the sanctuary by the new and living way he opened for us through the veil that is, his flesh, and since we have “a great priest over the house of God,” let us approach with a sincere heart and in absolute trust, with our hearts sprinkled clean from an evil conscience and our bodies washed in pure water. Let us hold unwaveringly to our confession that gives us hope, for he who made the promise is trustworthy. (Hebrews 10:19-23)

...through Jesus Christ we both have access to one Spirit to the Father. (Ephesians 2:18)

**Thank you Father that through Your Son Lord Jesus you give us access into your presence, guided by the Holy Spirit into the holiest of all places.**



### **The Body and Blood of Jesus Intercedes!**

Indeed, so fearful was the spectacle that Moses said, “I am terrified and trembling.” No, you have approached Mount Zion and the city of the living God, the heavenly Jerusalem, and countless angels in festal gathering, and the assembly of the firstborn enrolled in heaven, and God the judge of all, and the spirits of the just made perfect, and Jesus, the mediator of a new covenant, and the sprinkled blood that speaks more eloquently than that of Abel. (Hebrews 12:21-24)

Note that when Abel’s blood was spilled, unwillingly, the ground cried out for vengeance (Genesis 4:10) whereas Jesus’ blood, spilled willingly, on the way of the cross and on the cross, calls out for mercy. (Luke 23:34)

Covenants were always sealed in blood and Jesus sealed the New Covenant (Jeremiah 31:31-34) at the Last Supper: “This is my body to be given up for you,” and “this cup is the new covenant in my blood, which will be shed for you.” (Luke 22:19-20)

**Thank you Father for Lord Jesus’ sacrifice, for even when we are weak and fallen it is His body and blood that is pleading with You for us in heaven.  
In the temple the priest conducted a seven-fold sprinkling of the sacrificial blood but now the Holy Spirit reminds us that we have been saved by Jesus’ sanctified blood.**

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*In the foreknowledge of God the Father,  
through sanctification by the Spirit,  
for obedience and sprinkling with the blood of Jesus Christ:  
may grace and peace be yours in abundance. (1Peter 1:1-2)*

