



The Most Holy Body and Blood of Christ

1 Corinthians 11: 23–26

For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

Some things to think about...

At the Last Supper, which was a celebration of the Passover, Jesus did something that had never been done before. For the bread he said, 'This is my body,' and for the wine he said 'This is my blood.' Catholics believe that the bread and wine received at Mass are the Body and Blood of Christ.

- Why do you think Jesus wanted His disciples to remember Him in this way? What is special about sharing a meal with people?
- How can we show Jesus that we are thankful for His love?
- Who can you share Jesus' love with today?

Activity

With your group, complete the "Sharing a Meal – The Last Supper and Our Community" activity.

Teacher's Notes

In this reading, St Paul is retelling the story of the Last Supper, also told in Mark, Luke and Matthew's Gospel. Here Jesus foretells His sacrifice on the cross to His disciples. He transforms the bread and wine into His body and blood, and asks them to remember Him when they eat and drink it.

This feast of the Most Holy Body and Blood of Christ (sometimes called Corpus Christi) is a feast which focuses on the Eucharist and so shows its importance in the Catholic Church for whom the Eucharist is the 'source and summit' of Christian life.

Catholics believe that during Mass the bread and wine changes into the body and blood of Jesus. This is called Transubstantiation. Some Christians believe that the Eucharist is when they remember what Jesus did at the Last Supper but that the bread and wine is not transformed into Jesus' body and blood. Other Christians believe that Christ is spiritually present but again they do not believe that the bread and the wine are Christ's Body and Blood.

At this time, Jesus and his disciples were celebrating the Passover meal together. Jesus gathered His closest friends to share a meal and be united with Him, just as we would be united with God through Jesus' sacrifice. And as Catholics gather together as a community and take Communion, members of the SVP are called to take care of our community with food, shelter and much more.