

Most Holy Body and Blood of Christ

Luke 9:11b-17

'All ate and were satisfied.'

At that time: Jesus spoke to the crowd of the kingdom of God and cured those who needed healing. Now the day began to wear away, and the Twelve came and said to him, 'Send the crowd away to go into the surrounding villages and countryside to find lodging and get provisions, for we are here in a desolate place.' But he said to them, 'You give them something to eat.' They said, 'We have no more than five loaves and two fish — unless we are to go and buy food for all these people.' For there were about five thousand men. And he said to his disciples, 'Make them sit down in groups of about fifty each.' And they did so, and made them all sit down. And taking the five loaves and the two fish, he looked up to heaven and said a blessing over them. Then he broke the loaves and gave them to the disciples to set before the crowd. And they all ate and were satisfied. And what was left over was picked up, twelve baskets of broken pieces.

Reflection

In today's Gospel, Jesus fed over 5,000 people with just five loaves of bread and two fish. The disciples thought it was impossible to feed so many with so little, but Jesus showed them that when we trust in God, even the smallest things can become powerful.

As Vincentians, we are called to show love and care for others, just like Jesus did. Sometimes we might feel like we don't have enough—whether it's time, money, or energy—but Jesus reminds us that small acts of significance can make a huge difference. Even when we feel like we have little to give, God can multiply our efforts in ways we can't even imagine.

Let's think about how we can offer what we have, no matter how small. A kind word, a helping hand, or a thoughtful gesture can make a big impact. Just like the disciples, we can trust that God will use our small acts of significance to bring love and hope to others.



Activity

- Spend some time in adoration, thinking and praying about what you do have to offer others. You could perhaps use this [adoration resource](#) as a guide through this special time of prayer, or maybe you could set up [prayer stations](#) to aid your time of prayer.

Call to Action

As you spend time in adoration, open your heart to what God might be calling you to share with the world. What gifts, talents, or time can you offer in love and service to others? Commit to one small act of love this week that puts your prayer into action and lets someone know they matter.

