

The Most Holy Body and Blood of Christ (Corpus Christi) (Year A)



John 6:51-58

‘My flesh is true food, and my blood is true drink.’

At that time: Jesus said to the Jews, ‘I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh.’

The Jews then disputed among themselves, saying, ‘How can this man give us his flesh to eat?’

So Jesus said to them, ‘Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live for ever.’

Reflection

In today’s Gospel, Jesus calls Himself the “living bread” and reminds us that real life comes from staying close to Him. He offers not just words or ideas, but Himself, inviting us to share in His love and life.

Faith is meant to shape the way we live every day. When we stay close to Jesus, it changes how we treat others – through kindness, patience, and compassion. As young Vincentians, we are called not only to believe in Christ, but to show His love in the small, ordinary moments where people need it most.

Activity

- Adoration is a time of quiet prayer spent in the presence of Jesus in the Blessed Sacrament. 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.

