

## The Solemnity of the Most Holy Body and Blood of Christ - Year A

### FIRST READING

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

Moses said to the people:

"Remember how for forty years now the LORD, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep his commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does one live, but by every word that comes forth from the mouth of the LORD.

"Do not forget the LORD, your God, who brought you out of the land of Egypt, that place of slavery; who guided you through the vast and terrible desert with its saraph serpents and scorpions, its parched and waterless ground; who brought forth water for you from the flinty rock and fed you in the desert with manna, a food unknown to your fathers."  
The Word of the Lord.

### RESPONSORIAL PSALM

*Psalm 147:12-13, 14-15, 19-20*

**R Praise the Lord, Jerusalem.**

Glorify the LORD, O Jerusalem;  
praise your God, O Zion.

For he has strengthened the bars of your gates;  
he has blessed your children within you.

**R. Praise the Lord, Jerusalem.**

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He has granted peace in your borders;  
with the best of wheat he fills you.  
He sends forth his command to the earth;  
swiftly runs his word!

**R. Praise the Lord, Jerusalem.**

He has proclaimed his word to Jacob,  
his statutes and his ordinances to Israel.  
He has not done thus for any other nation;  
his ordinances he has not made known to them. Alleluia.

**R. Praise the Lord, Jerusalem.**

**SECOND READING**

***1 Corinthians 10:16-17***

Brothers and sisters:  
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.  
The Word of the Lord.

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## GOSPEL

*John 6:51-58*

Jesus said to the Jewish crowds:  
"I am the living bread that came down from heaven;  
whoever eats this bread will live forever;  
and the bread that I will give  
is my flesh for the life of the world."

The Jews quarreled among themselves, saying,  
"How can this man give us his flesh to eat?"  
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.  
This is the bread that came down from heaven.  
Unlike your ancestors who ate and still died,  
whoever eats this bread will live forever."  
The Gospel of the Lord.

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## Discussion for Readings - The Solemnity of the Most Holy Body and Blood of Christ, Year A

**Opening Reflection:** Today's readings remind us that God feeds his people, forms them into one body, and sends them out with a responsibility to live differently. The Eucharist is not just something we receive; it shapes the kind of men we become. As we reflect, let's ask for the grace to depend on God, lead with humility, and live as brothers united in Christ.

1. Israel was warned not to forget the Lord after being blessed; do you strive to keep his commandments? What does spiritual forgetting look like for men today?
2. When you receive the Most Holy Body and Blood of Christ, do you let that communion shape how you interact with others, recognizing that we are "one body" because "we all partake of the one bread"?
3. Do you live your faith publicly enough that you are a credible Christian witness—both in the Church and in your neighborhood or workplace—so that your family, friends and those you encounter, see your faith as something you own, not just something you attend?

**Closing Action:** There are quite a few Eucharistic Processions this week after Sunday Mass. Can you commit to lead your family to participate in the procession? Are you willing to be a witness to your family and others of the core tenet of your Catholic faith?