



Friends of Jesus and Mary

XIX Sunday in Ordinary Time

1 Kings 19, 4-8; Psalm 33; Ephesians 4, 30—5, 2; John 6, 41-51

Whoever believes, has eternal life.

The Jews murmured about Jesus because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets: *They shall all be taught by God.* Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. 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."

Reflection

Jesus said: "I am the bread of life came down from heaven".

Did they believe Him? (No. They asked themselves, "How can this be? We know His mother and father?")

Jesus responded that whoever listens to the Father and learns from Him, goes to Jesus.

What is He saying about those that don't believe? (They do not listen to or learn from the Father.)

Jesus tells them that no one has seen the Father except the One who is from God, Jesus himself.

To believe in the Father without seeing Him requires what? (Faith: faith is believing without seeing. They did not have faith.)

Jesus tells them that whoever has faith, has what? (Eternal life)

Jesus continues: I am the bread of life. What life does Jesus give? (God's life in our heart (called Grace) that helps us get to heaven.)

Jesus says: "The bread that I give is my own body." What do we call the bread of life, the body of Jesus that we eat during mass? (The Eucharist is the bread and wine that Jesus, through the priest, changes to His Body and Blood. It's a miracle! Jesus wants to be united with us to give us His life (Grace).)

We need faith to believe Jesus is present in the Eucharist.

Jesus feeds our spirit when we eat the bread of life during Communion in the Mass or when we adore Him in the Blessed Sacrament.

Jesus wants to help us on our journey to eternal life.

Activity

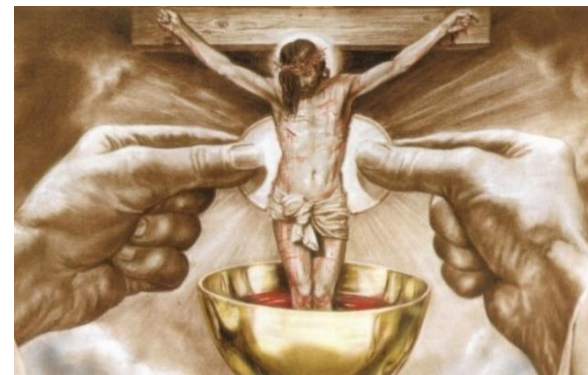
On the following pages, explain what is the Blessed Sacrament and fill in the blanks with the correct words. On the last page, draw a monstrance with Jesus in the Eucharist.

Prayer

Jesus, give me faith to always believe and listen to you. You are my God that gave His life to stay with me in this little piece of bread, helping me on my journey to eternal life. Thank you for loving me and caring for me. I love you very much. **Amen.**

Song: John 3:16 Eternal Life, Seeds Family Worship, (Ctrl Clk) <https://youtu.be/nTc8Lv6SdJg>

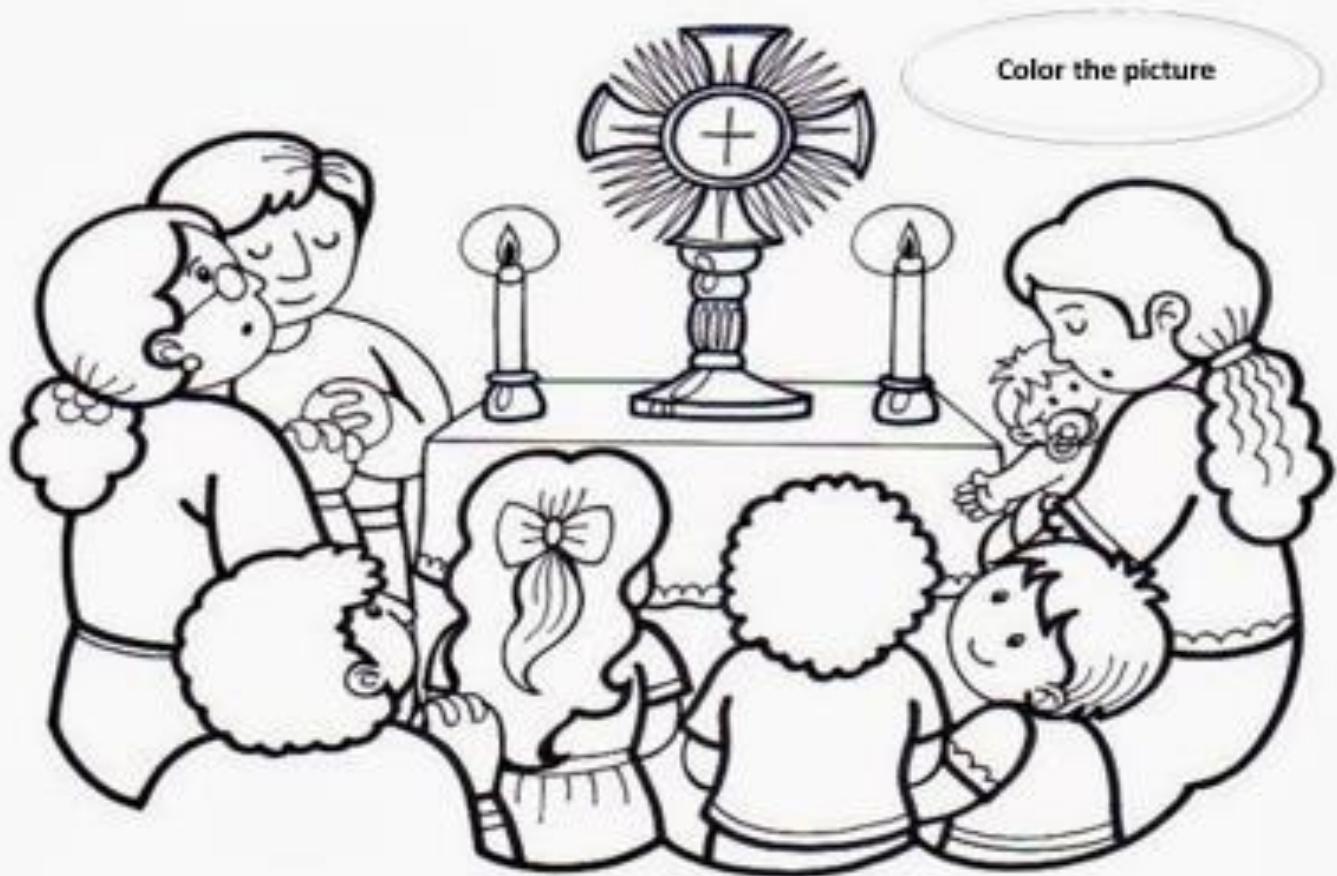
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What is the Blessed Sacrament of the Altar?

The Blessed Sacrament is the Consecrated Host, which is the **BODY OF CHRIST**.
The Blessed Sacrament is exposed on the altar during Adoration by the Faithful.



Jesus is Alive and Present in the Consecrated Host that remains in the tabernacle.
That is why there is always a red candle indicating the Real and Living Presence of
Jesus in the Holiest Sacrament of the Altar.

The Monstrance is where the
Eucharist is placed for
adoration.

Generally, rays are placed around
the Eucharist to indicate the graces
received by those who adore Jesus in
the Blessed Sacrament.



The Blessed Sacrament-Jesus in the Eucharist

Instructions: Fill the blank spaces with the correct words.

The Blessed Sacrament is the consecrated _____, which is the _____ of Christ, exposed on the altar for the faithful to _____ Jesus.

Jesus is _____ and _____ in the consecrated hosts which remain in the Tabernacle (Jesus' house in the Church). The _____ light indicates that Jesus is there.

The _____ is the sacred recipient where He is exposed so we can see Him and adore Him.

Generally, around the Eucharist, the monstrance has _____ symbolizing the graces we receive when we adore Jesus.

Jesus said: "Whoever has _____, has _____ life... I am the _____ of life that was sent from _____; Whoever eats this bread, _____ forever. The bread that I will give is my _____ for the life of the world."

BREAD	MONSTRANCE	ALIVE	RAYS	BODY	WILL
LIVE	FAITH	ADORE	ETERNAL	PRESENT	
HEAVEN	HOST	RED	FLESH		



DRAW A MONSTRANCE

1. **Draw a circle:** the consecrated host-Jesus in the Eucharist.
2. **Draw 8 triangles of different sizes with the base behind the circle:** They represent the graces we receive when we adore Jesus. He is our light that guides us, loves us, transforms us.

4. **Draw a rectangle:** long reaching down to the base.
5. **Draw $\frac{1}{2}$ a circle closing it at the bottom with a line:** represents the base.
6. **Draw the face of Jesus in the Host.**
7. **Write on the base:**

Jesus, I love you.

