



## Friends of Jesus and Mary XX Sunday in Ordinary Time

*Proverbs 9:1-6; Psalm 33; Ephesians 5:15-20; John 6:51-58*

### **Whoever eats this bread, lives in me.**

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.”<sup>a</sup> 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.”

### **Reflection**

**“I am the living bread that came down from heaven; ...”,  
Whoever eats my flesh and drinks my blood has eternal life.”** When the Jews heard this, they did not understand. **What did they think He was saying?** (They thought Jesus wanted them to literally eat His flesh and drink His blood like cannibals.) **What did He really mean?** (Those that eat the living bread, that is the same as His body, will have eternal life.) **When did He give us this Living Bread?** (In the Last Supper with His apostles, Jesus took the bread and giving thanks, broke it and gave it to them saying, “*This is my body which will be given up for you.*” After the meal, He did the same with the cup saying, “*This is my blood, blood of the new covenant, which will be given up for you.*”) **Where do we hear these words?** (During Mass, the priest repeats these words during the Consecration. At that moment, God changes the substance of the bread and wine to the substance of the body and blood of Jesus leaving the appearance the same (Transubstantiation). It is a miracle so we can be united to Jesus in the form of bread and wine. At the Last Supper, Jesus also told the apostles to “*Do this in memory of me.*” With these words, he gave the priests the power to do the miracle of the Consecration and thus multiply the living bread and wine (the Eucharist) during Mass so we may all have eternal life.) **We do not always understand Jesus’ words, but we know He loves us and always tells the truth. We pray for faith to accept Jesus’ words always.**



### **Activity**

On the following page, put the words on the right in the correct order in the boxes on the left to reveal Jesus’ message. On the other page, escribir o dibujar en cada rectángulo, como Jesús nos ayuda a crecer en amor a Dios y en amor al prójimo, así ayudándonos a llegar al cielo.

### **Prayer**

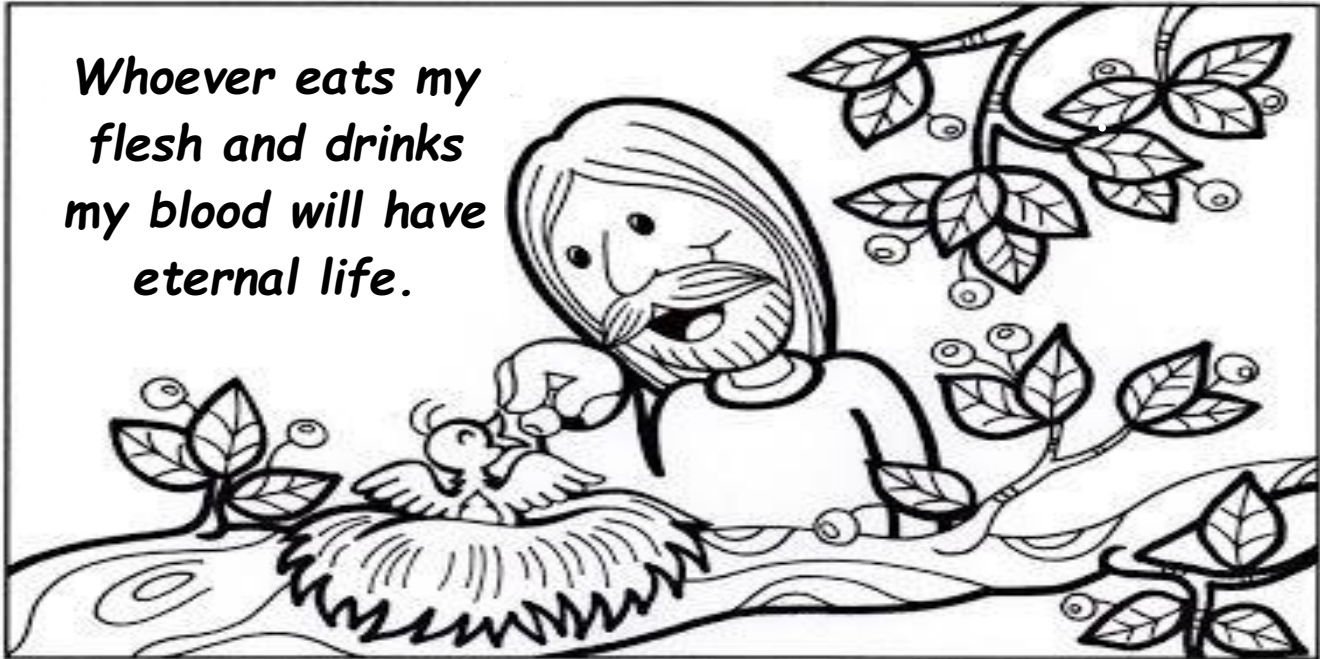
Lord, help me to understand the great gift of Your Presence in the Eucharist, the Living Bread. Your food gives me strength and guides me to eternal life. Help me to accept with faith all that you tell me. Thank you for loving me. I love you. **Amen.**

**Song:**

**PPT:**



*John 6, 51-59*

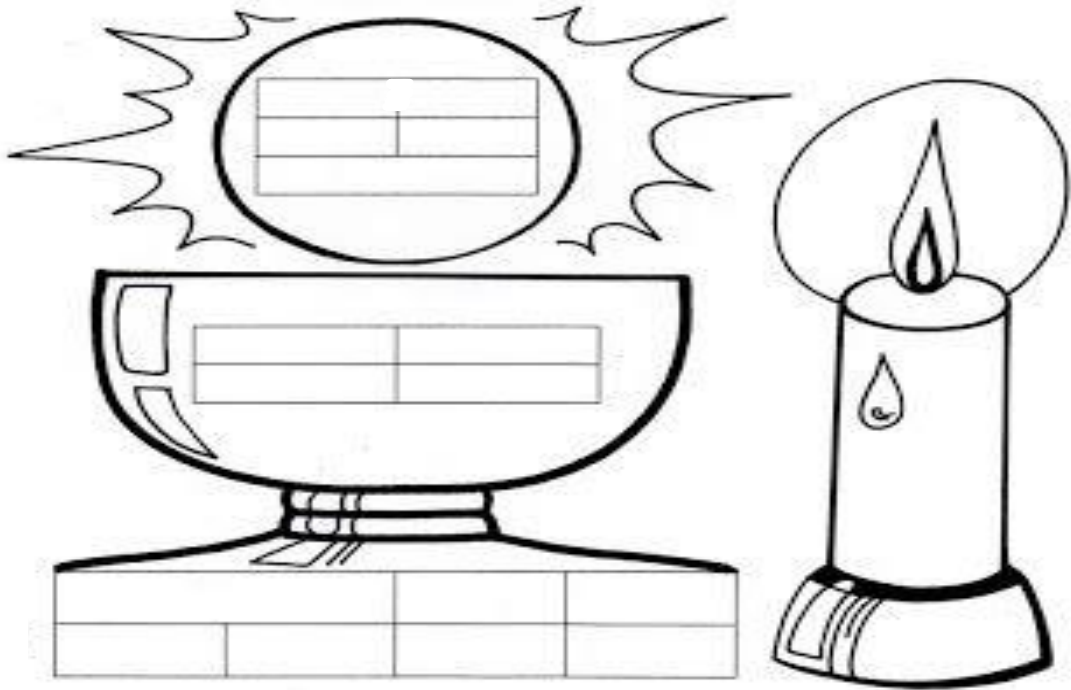


Put the words on the left in the correct order in the boxes on the right to reveal Jesus' message.

flesh  
my  
eats  
whoever

my  
and  
blood  
drinks

me  
I  
in  
and  
him  
in  
remains



Solution: Whoever eats my flesh and drinks my blood remains in me and I in him.