

Our Lady of Perpetual Help

Reflecting On Sunday's Readings

The Most Holy Body and Blood of Christ Sunday — June 14, 2020

First Reading — Deuteronomy 8:2-3, 14-16

² And you shall remember all the way which the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments, or not. ³ And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know; that he might make you know that man does not live by bread alone, but that man lives by everything that proceeds out of the mouth of the LORD. ...¹⁴ then your heart be lifted up, and you forget the LORD your God, who brought you out of the land of Egypt, out of the house of bondage, ¹⁵ who led you through the great and terrible wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, ¹⁶ who fed you in the wilderness with manna which your fathers did not know, that he might humble you and test you, to do you good in the end.

Responsorial Psalm PS 147:12-13, 14-15, 19-20

R. (12) **Praise the Lord, Jerusalem.**

or:

R. **Alleluia.**

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.**

or:

R. **Alleluia.**

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.**

or:

R. **Alleluia.**

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.**

or:

R. **Alleluia.**

Second Reading — 1 Corinthians 10:16-17

¹⁶ The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? ¹⁷ Because there is one bread, we who are many are one body, for we all partake of the one bread.

Gospel Reading — John 6:51-58

⁵¹ I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh." ⁵² The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" ⁵³ 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; ⁵⁴ he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. ⁵⁵ For my flesh is food indeed, and my blood is drink indeed. ⁵⁶ He who eats my flesh and drinks my blood abides in me, and I in him. ⁵⁷ As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. ⁵⁸ This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever."

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INVITATION TO PRAY

Pause for a few moments of silence and enter more deeply into the presence of God...

Proclaim the Scriptures out loud

As you listen to the scriptures be attentive to a word, a phrase, a question, an image, or a feeling that emerges. Reflect on this quietly or share it aloud.

INVITATION TO REFLECT

INVITATION TO GROUP SHARING

First Reading — Deuteronomy 8:2-3, 14-16

1. How can we avoid missing the message behind the meal God provides for us?

Second Reading — 1 Corinthians 10:16-17

2. What practical effects should the belief in “one Bread, one Body” have on us?

Gospel Reading — John 6:51-58

3. What was the root issue these disputing Jews had with Jesus’ message?
4. What does it mean to have Jesus abide in us?
5. What are the promises Jesus included in this teaching?

INVITATION TO ACT

Determine a specific action (individual or group) that flows from your sharing. When choosing an individual action, determine what you will do and share it with the group. When choosing a group action, determine who will take responsibility for different aspects of the action. These should be your primary considerations.

CLOSING INVITATION TO PRAY

Give thanks to God (aloud or silently) for new insights, for desires awakened, for directions clarified, for the gift of one another’s openness and sensitivity. Conclude with a final prayer.