



June 14, 2020 ◊ Solemnity of the Body and Blood of Christ ◊ Lectionary: 167 ◊ Gospel JN 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."

Spiritual Reflection: Here is a short story from: *The Spirituality of Imperfection: Storytelling and the Search for Meaning* By Ernest Kurtz & Katherine Ketcham:

The Medzibozer's grandson, Yechiel Michel, was playing hide and seek with another child. He hid himself for some time, but his playmate did not look for him. Little Yechiel ran to Rabbi Baruch and said amid tears: "He did not look for me!"

The Rabbi said: "This is also God's complaint, that we seek Him not.

God allows himself to be found in many ways. One of the most special ways is in the Eucharist and thus the Church encourages Eucharistic Adoration.

Spiritual Questions:

1. Take for granted that Jesus' is truly present in the Blessed Sacrament, what does that mean to you?
2. What does it mean for you to say that Jesus is "really" present in the Blessed Sacrament?
3. Where do you look for Jesus? Have you tried looking for Him in Eucharistic Adoration?
4. Why don't we always seek God?
5. How does God help you find Him?