

Ordinary Time: Solemnity of the Most Holy Body and Blood of Christ

Lesson Contents

Preparation

Background for Scripture Readings

Breaking Open the Word

Leader Instruction

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Background for Scripture Readings

First Reading

- The first reading describes Melchizedek, king and priest in what would later be called Jerusalem.
- Melchizedek blessed Abraham and offered him bread and wine.
- The offering of bread and wine to Abraham relates to the Eucharistic sacrifice of the Mass.

Second Reading

- In the passage from 1 Corinthians, Paul is scolding the wealthy members of the community for having special dinners and excluding the poor.
- The Corinthians misunderstood that their sharing in the Eucharistic meal made them one body with each other, the Body of Christ.
- Paul reminded the Corinthians that Jesus was present whenever they told the story and shared the meal.

Gospel

- Luke's version of the multiplication of the loaves and fishes has been influenced by the liturgical practices of the Christians.
- The words describing Jesus' actions reflect the telling of the Eucharistic story.
- Jesus does not feed the crowd but instructs the disciples to do so. This suggests the ministries in the Church of distributing the Eucharistic food and sharing meals with the hungry.

Breaking Open the Word

Leader Instruction

Catechist Reflection Guide for the Solemnity of the Most Holy Body and Blood of Christ

First Reading: Genesis 14:18-20—Melchizedek blesses bread and wine.

Responsorial Psalm: Psalm 110:1, 2, 3, 4—You are a priest forever.

Second Reading: 1 Corinthians 11:23-26—Every time you eat this bread and drink this cup you proclaim the death of the Lord.

Gospel: Luke 9:11b-17—Multiplication of the loaves and fish.

Invitation to prayer (30 seconds)

Ask the children to quiet themselves and sit comfortably. Begin the session with the Sign of the Cross. Have them take three deep breaths while you prompt them to relax as they breathe in God, our Father who loves us, Jesus Christ, his Son, our brother, and God's Holy Spirit who lovingly guides us.

Listening for a word or phrase to speak to your heart (3-4 minutes)

Ages 5-6 and **Ages 7-8:** Read aloud the words "**Something to eat.**" Read Luke 9:11b-17 from a children's Bible or tell it in your own words.

Ages 9-11 and **12-14:** Read aloud Luke 9:11b-17. Ask young people to listen for a word or phrase that seems to be God's word for them today. Spend about 30 seconds as they pick out their word or phrase. Ask them to silently repeat that word or phrase and to write it on their heart.

Loving God through his Word (3-5 minutes)

Ages 5-6: Direct children's attention to the illustration. Have them count the number of loaves and the number of fish. Ask if that is enough to feed all of the children plus their families. Ask how many people they think five loaves and 2 fish would feed. Remind them that **The Gospel tells us five thousand people were fed and there were twelve baskets left. The disciples were willing to share their food and Jesus blessed what they shared and then there was more than enough for everyone. Jesus blesses us when we share.** Have children complete the drawing activity. Close with the prayer.

Ages 7-8: Direct children's attention to the illustration. Tell them that today we celebrate the Feast of the Most Holy Body and Blood of Christ. Ask them to recall what happened in the Gospel. Emphasize that there were 5000 people but only five loaves and two fishes. Ask them what they think might have happened for twelve baskets to be left over. Read aloud the text on the handout. Emphasize that **Jesus wanted the people to be fed. He asked the disciples to share and they did, and there was more than enough. Jesus wants to feed us too. He feeds our souls with his Body and Blood and he helps us share with others so there is enough for everyone.** Close with the prayer.

Ages 9-11: Ask young people to share their word or phrase. Ask young people to take some quiet time and silently read each of the questions on the handout; choose one of the responses and be ready to give the reason for their choice. Take each question separately and have children share their choices and rationale. At the end of the discussion tell young people that today is the feast of the Most Holy Body and Blood of Jesus. Remind them that **Jesus gave his life for us that we would have life and when we participate in**

the Eucharist we are fed by his Body and Blood. Close with the prayer.

Ages 12-14: Ask young people to share their word or phrase. Have young people take a few minutes to reflect on the questions. Ask volunteers to share their responses. Emphasize that, **Participation in Holy Communion is a way Christ continues to share the food of his life with us and gives us strength to share the food of our lives with others.** Close with the prayer.

Ages 12-14: Close with the prayer.

Living the Gospel words through the week (3-5 minutes)

The handouts describe one or two ways children and young people can live this reflection on the Gospel through the week at home, school, or play. If appropriate, have them add one or two more personal choices to act on this week.