

**Sunday, June 23, 2019**

**The Most Holy Body and Blood of Christ (Corpus Christi)  
(Solemnity)**

**Meditation and Questions for Reflection or Group Discussion**

**Mass Readings:**

**1st Reading:** Genesis 14:18-20

**2nd Reading:** 1 Corinthians 11:23-26

**Responsorial:** Psalm 110:1-4

**Gospel:** Luke 9:11-17

**Experiencing the Lord's Blessings and Presence More Deeply in the Eucharist**

*As the day was drawing to a close . . . (Luke 9:12)*

Why did Jesus keep the people so late? Was he unaware of the passing of time? Or was he so caught up with healing them that he forgot that they would need to eat? Neither scenario is very likely. Jesus was always aware of his surroundings, and he never did something without first thinking it through.

No, Jesus knew what he was doing and why he was doing it. He knew he would need to feed this crowd of people miraculously—and he was happy to do it. It was his way of giving them another sign of his love for them. He didn't want to just heal them and send them on their way. He wanted to share a meal with them. He wanted to spend more time with them—the kind of quality time that happens during a shared meal.

This is part of the wonder of the Body and Blood of Christ. Jesus wants to spend time with us. He wants to spend time with you. He loves you for who you are, not just for what he can do for you. He just enjoys your company, and he wants to share his love with you.

No wonder Jesus promised to be with us in a special way at Mass! Every time we receive him in Communion, he comes into our lives—all of him. He comes to tell us that he loves us and that he values us. Certainly, he comes as Savior to heal and to bless us, but he also comes as Friend just to be with us. In fact, it's because he loves us so much that he is committed to giving us his blessings.

Jesus is waiting for you at Mass today. He's waiting for you every day in the Tabernacle of his presence. Go spend time with him. Let his friendship and love warm your heart. And go warm his heart with your love.

*"O Sacrament most holy, O Sacrament divine! All praise and all thanksgiving be every moment thine."*

(Many thanks to *The Word Among Us* ([www.wau.org](http://www.wau.org)) for allowing us to use meditations from their monthly devotional magazine. Used with permission.)

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### Questions for Reflection or Group Discussion:

1. In the first reading from Genesis, we are introduced to the Old Testament priest, Melchizedek: *In those days, Melchizedek, king of Salem, brought out bread and wine, and being a priest of God Most High, he blessed Abram with these words: "Blessed be Abram by God Most High, the creator of heaven and earth; and blessed be God Most High, who delivered your foes into your hand. Then Abram gave him a tenth of everything"* (Gen 14:18-20).
  - In what ways are the words of the reading a symbol and a prophetic foreshadowing of Jesus (hint: read Heb 7:1-17)?
  - In the reading, Melchizedek, *a priest of God Most High*, blesses Abram. How would you describe the ways the Lord, our high priest, has blessed you?
2. In the responsorial psalm, we hear these prophetic words: *The LORD said to my Lord: "Sit at my right hand till I make your enemies your footstool." The scepter of your power the LORD will stretch forth from Zion: "Rule in the midst of your enemies." Yours is princely power in the day of your birth, in holy splendor; before the daystar, like the dew, I have begotten you." The LORD has sworn, and he will not repent: "You are a priest forever, according to the order of Melchizedek."* (Psalm 110:1-4)
  - In what ways does the responsorial psalm speak prophetically of Jesus' power, majesty, and rule?
  - In the midst of trials, it is easy to forget that that Jesus has the power to *Rule in the midst of your enemies*. How can you use these words to strengthen your faith in Jesus, and his victory in your life, even during trials and suffering?
  - What do you think these ending words of the reading mean? *The LORD has sworn, and he will not repent: "You are a priest forever, according to the order of Melchizedek."*
3. In the second reading, St. Paul describes Jesus' implementation of the Eucharist, and its significance: *I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.*
  - What do you think St. Paul meant by these words from the reading? *For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes* (1 Cor 11:26).
  - How important are these words to the Church's understanding of the Eucharist – and to you?
4. The Gospel reading tells the story of Jesus' feeding of the five thousand by the multiplication of the fish and loaves: *As the day was drawing to a close, the Twelve approached him and said, "Dismiss the crowd so that they can go to the surrounding villages and farms and find lodging and provisions; for we are in a deserted place here." He said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have, unless we ourselves go and buy food for all these people." Now the men there numbered about five thousand. Then he said to his disciples, "Have them sit down in groups of about fifty." They did so and made them all sit down. Then taking the five loaves and the two fish, and looking up to heaven, he said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets.*
  - Why do you believe the Church uses this reading on this feast of "The Most Holy Body and Blood of Christ"?
  - What are some of the ways this event foreshadows the Eucharist?
5. The meditation ends with these words: "Jesus wants to spend time with us. He wants to spend time with you. He loves you for who you are, not just for what he can do for you. He just enjoys your company, and he wants to share his love with you. No wonder Jesus promised to be with us in a special way at Mass! Every time we receive him in Communion, he comes into our lives—all of him. He comes to tell us that he loves us and that he values us. Certainly, he comes as Savior to heal and to bless us, but he also comes as Friend just to be with us. In fact, it's because he loves us so much that he is committed to giving us his blessings. Jesus is waiting for you at Mass today. He's waiting for you every day in the Tabernacle of his presence. Go spend time with him. Let his friendship and love warm your heart. And go warm his heart with your love."
  - What do these ending words of the meditation mean to you?
  - What parts do you have no problem believing? What parts do you struggle to believe in?
  - How have you personally experienced some of the blessings that Jesus wants to give us in the Eucharist, as described in these words of the meditation?
  - What are some additional steps that you can take to increase your expectancy as you come to Mass -- and to deepen the impact on your life of receiving the Eucharist?

**Take some time now to pray and thank the Lord for filling you with his grace and mercy each time you receive him in the Eucharist. Use the prayer below from the end of the meditation as a starting point.**

***"O Sacrament most holy, O Sacrament divine! All praise and all thanksgiving be every moment thine."***

[The discussion questions were created by Maurice Blumberg, who is currently a member of the board of directors of the ChristLife Catholic Ministry for Evangelization ([www.christlife.org](http://www.christlife.org)), a member of the National Service Committee Council of the Catholic Charismatic Renewal ([www.nsc-chariscenter.org](http://www.nsc-chariscenter.org)), and a board member of The Love of Christ Foundation. Prior to this, Maurice was the founding executive director of the National Fellowship of Catholic Men, a chairman of the board of The Word Among Us ([www.wau.org](http://www.wau.org)), and a director of partner relations for The Word Among Us Partners ministry. He can be contacted at [mblumberg@wau.org](mailto:mblumberg@wau.org) or [mblumberg@aol.com](mailto:mblumberg@aol.com).]