

SUNDAY GOSPEL ACTIVITIES

Family Activity Page

The Most Holy Body and Blood of Christ

Luke 9:11b-17

Do you know what “Corpus Christi” means? It is Latin for “The Body of Christ.” This is precisely what we celebrate today: Christ truly present— Body, Blood, Soul, and Divinity—in the Eucharist. It certainly looks like bread, tastes like bread, and smells like bread. It even crumbles like bread! How can we say that It is truly Jesus, Who is God?

We can say that with great certainty because Jesus Himself told us so. In John 6, Jesus tells the people that He is the bread of life. At the Last Supper, Jesus instituted the Eucharist, the Bread of Life. This special Sacrament requires us to have faith, to believe Christ is present in the Eucharist, even though our senses cannot perceive this sacred reality.

Activities:

- Take advantage of any special parish events happening today, whether a Corpus Christi procession or Eucharistic Adoration.
- Make a fancy type of bread, one that your family doesn’t eat on a regular basis, and reflect on the Eucharist, the Bread from Heaven.
- As a family, pray this in reparation for the outrages committed against Our Lord in the Blessed Sacrament: “May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment in all the tabernacles of the world, even until the end of time. Amen.”

