

The Solemnity of the Most Holy Body and Blood of Christ

(Deuteronomy 8.2-3, 14-16, 1 Corinthians 10.16-17, John 6.51-59)

Theme: He Lives In Me!

Beloved in Christ Jesus: Our celebration today reminds us that at mass what we eat and drink is the body and blood of Christ Jesus. Jesus left us His body and blood for our sanctification and salvation. "Jesus said to the people: I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." (Jn. 6:51-59)

By this, Jesus explains to us why He gave us His body and blood in the Eucharist to eat and to drink. He wants our sins forgiven. He wants us to be healed of our sicknesses. Jesus wants us to have the fullness of life that comes from Him. He wants us to share in His divine life, peace, love and unity, that exists in the Trinity. Jesus wants us to be united in love with Him and with one another. Our Lord Jesus left us His body and blood so that we shall continue to experience His saving power. Jesus further explained, "For my flesh is true food and my blood is true drink. Whoever eats my flesh and drinks my blood abides in me, and I in them." (Jn.6:51-59)

Beloved friends in Christ Jesus, let us always bear in mind that our Lord Jesus is with us always in His body and blood. Whenever we receive His body and blood, let us ask Him to bless us and give answers to our prayers. Our Lord Jesus is always present in the Blessed Sacrament waiting for us to come to Him with our thanks, worries, petitions, problems and be blessed.