



a Kendall Hunt Company

## Most Holy Body and Blood of Christ, Year A, Junior High - RCLB Lectionary



### Junior High Session

Deuteronomy 8:2-3, 14-16

John 6:51-58

## Opening Prayer

Let us pray.

Loving God,

in the meal of Eucharist we are united with Jesus Christ and with one another.

Help us to live together as one body in Christ.

In the name of Jesus Christ we pray.

Amen.



## Opening Life Reflection

The topic for today is the real presence of Christ in the Eucharist. To begin, provide each young person with a blank index card and a pencil. Invite them to reflect on their own uniqueness and to think of what abilities God has given them. After a few moments, invite the young people to write down one of their unique abilities on the index card. Then, have them bring the cards forward and stack them together. Ask a volunteer to read each card in the stack. Discuss:

- How are our lives enriched by the uniqueness of each other?
- What are we able to do together that we are not able to do alone?
- What does it mean to be members of the one body of Christ?

Allow time for discussion. On today's feast of the Body and Blood of Christ we celebrate the real presence of Jesus Christ in the Eucharist. When we share in the Eucharistic meal we are united to Jesus Christ and to one another.

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## **Listening to the Word of God**

In the Old Testament reading today, listen to how God fed the people of Israel.

Read Deuteronomy 8:2-3, 14-16.

Allow for silence.

## **Scripture Discussion Starters**

- How are the people of Israel fed by God?
- Why does God feed the people?
- Why are the people reminded of what God has done for them?

In the Gospel reading listen to how Jesus is the bread of life.

Read John 6:51-58.

Allow for silence.



- Who is the living bread that came down from heaven?
- What does Jesus say about his flesh and blood?
- What will happen to those who eat the living bread from heaven?

## **Scripture Background**

Provide 2-3 minutes of background information on the readings using the Catechist Background section.

The first reading from the Old Testament recalls how God fed the people of Israel. The gift of manna was given to the people of Israel as they traveled in the wilderness. However, the point is made that one can not live on bread alone. The gift of manna is given to the people to help them understand that God's Word is the true source of life. As Israel relied on manna for life in the desert, so the people must depend on the Word of God.



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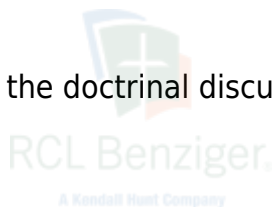
In today's Gospel, Jesus announces the promise of eternal life. Jesus promises living bread—that will be life for the world. Jesus himself is the bread of life. In today's passage Jesus tells his followers that by eating his flesh and drinking his blood, eternal life will be granted. The people of Jesus' time found it difficult to understand what he was saying.

This gospel reveals that in consuming the bread and wine of the Eucharist the believer is made one with Jesus. Our participation in the Eucharist unites us with Jesus and with one another. When we eat and drink the meal of Eucharist, we show that we are part of the body of Christ, and that we have eternal life from him.

## **Questions for Deeper Reflection**

- What do God's people need in order to live?
- What does this gospel teach about Eucharist?
- How do we show respect and reverence for one another as being part of the one body of Christ?

[If you are not going to continue with the doctrinal discussion, proceed to the Gospel in Life.]



## **Doctrinal Discussion Starters**

### **The Real Presence**

On this feast of The Body and Blood of Christ we are reminded that “when we eat this bread and drink this cup we proclaim your death, Lord Jesus, until you come in glory” (Roman Missal, Memorial Acclamation, Eucharistic Prayer). This awesome mystery proclaims that in the sacred meal of Eucharist, although we taste bread and wine, we experience in faith the body and blood of our Lord Jesus Christ.

We believe that when the Church gathers to celebrate Eucharist, by the power of the Holy Spirit the bread and wine are changed into the Body and Blood of Christ. Jesus is really present in the Eucharist. Celebrating Eucharist joins us not only to Christ, but also to one another.

- Why do we celebrate the Eucharist?



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- How does the Eucharist unite us with God and with one another?
  - What does it mean to believe that Jesus is really present in the Eucharist?

# **The Gospel in Life**

What can you do to make each time you receive Jesus in the Eucharist a meaningful experience?

## **Connecting to Faith First® Legacy Edition**

At Home Family Guide, theme 8

Junior High, Church and Sacraments, chapter 9

