



a Kendall Hunt Company

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



Junior High Session

Genesis 14:18-20

Luke 9:11b-17

Opening Prayer

Let us pray.

God of Abundance,

we thank you for your goodness.

The gifts of your creation surround us and there is enough for everyone.

Help us to share what we have with others.

In the name of Jesus Christ we pray.

Amen.

Opening Life Reflection

On the Feast of The Body and Blood of Christ we celebrate our belief that in Eucharist we receive the Body and Blood of Christ, who is truly and really present under the appearances of bread and wine. To begin today's session invite the young people to reflect on a time in their lives when they have felt a physical hunger, an emotional hunger or a spiritual hunger.

Discuss:

- What is it like to be hungry?
- How is your hunger satisfied?
- How can growing in friendship with Jesus help to ease your hunger?
- Why is Jesus called the "Bread of Life?"

Allow time for discussion. When we partake in the Eucharist, Jesus comes to us. Jesus, the "Bread of Life" nourishes us so that we may go out and feed the world.

Listening to the Word of God

In the first reading listen to how the bread and wine are blessed.

Read Genesis 14:18-20.

Allow for silence.

Scripture Discussion Starters

- Who blesses the bread and wine?
- Who receives a blessing?
- Why is the bread and wine blessed and shared?

In today's gospel listen to how thousands of people are fed.



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Read Luke 9:11b-17.

Allow for silence.

- Why were the crowds following Jesus?
- What are the disciples concerned about?
- What do the disciples tell Jesus to do?
- What does Jesus tell the disciples?
- What happens to the five loaves of bread and the two fish?
- How are the people fed?

Scripture Background

Provide 2-3 minutes of background information on the readings.

The blessing of bread and wine is at the forefront of today's Old Testament reading. The early Christians understood this scene as a foreshadowing of the eucharistic mystery. Melchizedek bestows a blessing of victory over Abram. The Israelites understood that this blessing would be passed down to all subsequent rulers on the throne of David.

The miracle of the loaves and fishes in today's gospel tells of God's abundance. All are welcome at the table of the Lord. There is plenty for everyone. The multiplication of the loaves and fishes is the only miracle found in all four Gospels. The language that is used in all of the Gospels ("taking...raised his eyes...pronounced a blessing...broke...gave") makes clear the eucharistic significance of this miracle.

Questions for Deeper Reflection

- How do these readings show the abundance of God's blessings?
- Why is it important to share with others?
- When is sharing a meal a blessing for you?

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

Doctrinal Discussion Starters

The Real Presence

On the feast of the Body and Blood of Christ we proclaim our belief in the Eucharist. At Mass the assembly gathers in faith, and God makes present Jesus, his body and blood, in the bread and wine offered in the Eucharist. This is the "real presence" of Christ.

Sharing in the Eucharist joins us with Christ and one another. We are fed so that we can go forth and love one another. We receive the Bread of Life so that we can share that bread with those who are hungry.

- What does it mean to believe that Christ is truly present in the Eucharist?

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- How does the Eucharist nourish you?
- How does the Eucharist strengthen you to go out and feed the hungry?

The Gospel in Life

How can you get involved in your community to help feed the hungry?

