

Body and Blood of Christ May 25, 2008
Deut 8:2-3, 14-16/1 Cor 10:16-17/Jn 6:51-59

Theme: Come and meet Jesus, your Lord and Saviour, in the Holy Eucharist.

Today we celebrate the Solemnity of the Body and Blood of Christ. Today's feast brings to our awareness again whom we received at the Eucharist and the blessings that come with it. When we receive Holy Communion it is the body and blood of Christ that we receive. It is not like the body and blood but really Jesus we receive at the Holy Eucharist.

Sometimes, it becomes so routine for some of us that we forget whom we are receiving at Holy Communion. While for some people they just see it as binding on them as Catholics to receive Holy Communion any time they come to Mass. And for others, they do not really know what they will gain or the impart it will have in their lives for receiving Holy Eucharist.

I once met a patient in the hospital and after praying for him, I told him I had brought him Communion. He just kept looking at me, but when I said I brought you Jesus, he smiled and opened his mouth to receive Jesus. It is really Jesus that we receive during communion.

We receive Holy Communion because we want to have the life of God in us. For Christ said, "very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you." (Jn 6:51-59)

If you want to have eternal life, keep receiving the body and blood of Christ. For Jesus made it clear in the gospel today that whoever eats his body and drinks his blood will live forever. He further stated all those who partake of his body and blood, he will raise them up on the last day. So, we receive Holy Communion because we want to be with Jesus at the end of time. Also, we receive the body and blood of Christ because we want our sins to be forgiven. The blood of Christ that we receive washes away sins and makes us holy. At the last supper Jesus took the cup filled with wine and after the blessing he gave it to the apostles to drink for the forgiveness of sins.

One woman was about to make a trip and she asked her daughter if she was going to be lonely. But she replied, "Mom, I am not alone, Jesus is with me. He lives in me always." Let us always remember the words of our Lord, that whoever eats his body and drinks his blood, lives in him and Jesus lives in that person.

So, dear friends, let us come to Jesus always through his body and blood in the Holy Eucharist, there is our hope and life.