

Solemnity of the Body and Blood of Christ

(Genesis 14.18-20, 1 Corinthians 11.23-26, Luke 9.11-17)

Theme: Let Us Come To Our Lord Jesus Through His Body and Blood

The feast of the Body and Blood of Christ reminds us of whom we eat and drink at the Eucharistic celebration. It also tells why we come to Christ in the Holy Eucharist.

It is the real body and blood of Christ that we receive at communion. It is also Christ's blood that we drink at Mass, but mere looking at it; we see it looks like bread and wine. We gather to celebrate the Eucharist and eat and drink of Christ's body and blood because it is a command from our Lord Jesus Christ, who at the last supper gave us His body and blood to eat and drink for the life of the world and for the forgiveness of our sins. And He asked us to be doing this in his remembrance.

St. Paul, in the second reading today reminds us that what he is passing on to us is what he received from the Lord. Who before His death gave His body and blood for the life of the world.

We eat of the body of Christ because it is the food for eternal life. And His blood sanctifies us and cleanses our sins. For Jesus said, "He who eats my body and drinks my blood will live forever, even if he dies I will raise him up and he will never die again." (John 6.32-53)

We also eat the body and drink the blood of Christ because we want Christ Jesus to live in us and direct our lives. We want our Redeemer to be our friend and one with us. For Jesus said, "he who eats my body and drinks my blood lives in me and I in him." ((John 6.56-58)

We also come to celebrate the sacrifice of the Eucharist because we want to see Christ, we want Him to reveal Himself to us. Let us remember what happened when Jesus rose from the dead, the apostles gathered to celebrate the Eucharist on Sunday (the first day of the week), Thomas was not there, he was some where else, but when Christ came in, he presented Himself to His apostles who were there to celebrate the Eucharist.

Jesus gave them peace, the Holy Spirit, and the power to forgive sins. Thomas did not receive these gifts, nor did Christ reveal himself to him. Thomas only saw Jesus the next Sunday when He joined the rest to celebrate the Eucharist, (John 20.19-27). Thus we come to the Sacrament of the Holy Eucharist because, we want Christ's peace and the blessings of the Holy Spirit in our lives and families.

Let us also cast our minds on what took place between Jesus and his disciples after his resurrection on their way to the City of Emmaus. They did not recognize Jesus, when he was sharing the gospel message with them. But when he broke the bread with them (the Eucharist) their eyes opened and they recognized Him, (Luke 24.13-32). The same it is with us, reading the bible alone will not open your eyes to experience Christ, only the Eucharist will open your eyes to see the risen Lord.

Beloved in Christ Jesus, let us always come to Jesus in the Holy Eucharist. For His body is real food and His blood real drink for our eternal life.