



June 7th 2026 Sunday Feast of Corpus Christi Year A - John 6:51-58

⁶⁻⁵¹I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.” ⁵²Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?” ⁵³Jesus said to them, “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. ⁵⁴Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵For my flesh is real food and my blood is real drink. ⁵⁶Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. ⁵⁸This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.”

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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As we celebrate this great feast of Corpus Christi we see that the Eucharist is the fullest expression of Gods gift of his Son, the Body that endures for every generation. The Eucharist is Gods way of entering our lives, Gods way of reaching out and gripping our hands. Every part of his being is at our service. "This is my Body given for you". We are invited to a deep union with Him to 'to have his spirit coursing through our souls so that we can know the passion of his love for every one. He wants us to unite our weakness, suffering with his so that we can experience his strength and courage.

As we adore the Christ truly present in the Eucharist, do we let ourselves be transformed by Him?

Prayer:

Thank you Lord for the people who like Jesus are offering us a different kind of nourishment based on reconciliation and sharing. The Bread that came down from heaven so that we can eat it and live good lives.

Forgive us Lord for the times that we speak too much when we pray rather than remaining silent. This would help us to become more conscious of Jesus present within us.

Lord help us to be aware of the presence of Jesus within us and the inner strength and freedom He brings. Let us believe with all our heart that no matter how low we fall he will raise us up if we place our trust in Him.