



June 22, 2025

Written by
THE
FAITHFUL
DISCIPLE

The Solemnity of the Most Holy Body and Blood of Christ

Gen 14:18-20 | 1 Cor 11:23-26 | Lk 9:11b-17

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Today's feast is set apart to reverence the gift of Jesus in the Eucharist. In our limited human capacity, this concept can feel abstract, and we may struggle to understand it. In these moments, I find that pondering the person of Jesus Christ in the Gospels illuminates my mind and heart. Hearing the familiar story of the multiplication of the loaves and fishes in today's Gospel, I'm particularly struck by the first line of the passage: "Jesus spoke to the crowds about the kingdom of God, and he healed those who needed to be cured." Notice that Luke doesn't say that Jesus heals *everyone*, rather, he heals those who *need* to be cured. This is not an act of favoritism, but a revelation of his perfect divine wisdom and a glimpse into the true person of Jesus Christ. In his great mercy and perfect love, Jesus knew instantly what each person needed. And this Jesus, who came to heal and cure, is the one we receive in the Eucharist today.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Today's feast is a reminder of the staggering truth that 2,000 years later, at every Eucharistic celebration in Catholic churches around the world, Christ becomes truly present. The same Jesus of the Gospels who taught the crowds, multiplied the loaves, and gave himself completely on the cross, gives himself to us *today*: body, blood, soul, and divinity. We are not unlike the crowds in today's Gospel — we have come with our hopes and needs to encounter Jesus. Today, at this table, no one goes hungry; Jesus meets our needs by giving us his unconditional love while nourishing us both physically and spiritually. We can be reassured that God is always present in our lives.

REFLECT

In a special way today, reflect on the Eucharist, the "source and summit of the Christian life." The word Eucharist comes from Greek and Latin words for "thanksgiving." Pray with a grateful heart today that Jesus, the Bread of Life, makes himself truly present to us.

"I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst." (Jn 6:35)