

Spiritual Exercise for Corpus Christ

A reading from the Holy Gospel according to John (6:51-58)

Jesus said to the Jewish crowds:

“I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give
is my flesh for the life of the world.”

How might you be called to give of yourself like Christ? How might the Eucharist inspire you to live your life as an “offering pleasing to the Lord”?

The Jews quarreled among themselves, saying,

“How can this man give us his flesh to eat?”

Jesus said to them,

“Amen, amen, I say to you,

unless you eat the flesh of the Son of Man and drink his blood,
you do not have life within you.

Whoever eats my flesh and drinks my blood
has eternal life,
and I will raise him on the last day.

Do you strive to receive our Lord worthily? Do you spend time before the Blessed Sacrament in prayer and adoration?

For my flesh is true food,

and my blood is true drink.

Whoever eats my flesh and drinks my blood
remains in me and I in him.

Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.

This is the bread that came down from heaven.

Unlike your ancestors who ate and still died,
whoever eats this bread will live forever.”

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1) Try and spend time before the Blessed Sacrament in adoration. If that is not possible, call to mind receiving the Lord. Begin by `praying to our Lord acts of faith such as “I believe you are present in the Eucharist.” If your faith is lacking, consider going to confession, but also praying the words of scripture, “I believe, help my unbelief” (Mark 9:24). Pray for the illumination you receive when you pray before the Blessed Sacrament with faith.

2) Imagine the Eucharist is a all consuming fire radiating with Love. Then imagine that as you receive the Eucharist, that fire begins to burn within you. Express gratitude to the Lord for this wondrous gift.

Jesus _____

Me _____

Jesus _____

Me _____

Jesus _____

Me _____

Jesus _____

Me _____