



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

SOLEMNITY OF THE BODY AND BLOOD OF CHRIST

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's Gospel

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." 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. 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."

JOHN 6:51; 53-56

Reflection

The Solemnity of the Body and Blood of Christ is rich in symbolism and a call

to action on the part of all Christians. In the Eucharist, we deepen our relationship with Jesus. The words from John give testament to the difference between eating food we normally consume and partaking in the precious body and blood of Jesus through the Eucharist.

What draws me deeper into this mystery of the bread and wine becoming the body and blood of Jesus is the invitation and challenge found within. In the Eucharist, we are being called into a relationship with Jesus where we are open to being transformed through the very body and blood of our Lord, Jesus Christ. It is in this ever-deepening relationship that our lives become more identified with the life of Jesus.

Often in sports you hear the phrase, “Become one with the ball.” With the Eucharist, we are becoming one with Jesus in a spiritual, deep-seated, experiential way. It is through our very existence as Christians that we have been given the gift of Life in Jesus.

Jesus’ words in this passage are inviting us to dwell in Him and to find our home in Him. How “at home” are you and I with Jesus? Do we open ourselves to the Divine mystery of the Eucharist? This is such an intimate and profound invitation to deepen our relationship -- and it is where God continues to shape our lives in new and ever-evolving ways.



St. Bridget Chinese Church, Los Angeles
Photo by Sr. Jayne Helmlinger, CSJ

One In You

O Holy Mystery undefined alight anew in me this day.
May I be open to an ever-deepening relationship with You.
Never allow me to become complacent in receiving You
through the gift of your Body and Blood in the Eucharist.

Shape me in ways that align with Your ways, O Beloved.
May I receive the grace needed to embrace the relationship

You so readily offer through the Divine Banquet.

Change me, through Your Body and Blood
in ways I don't even understand or comprehend.
May Your life-force settle deep within me as Your
Spirit guides and permeates my very being.

For Pondering

- How "at home" are you in your relationship with God?
 - How do you experience the Eucharist as Divine Mystery in your life?
-

For Prayer

O Divine Mystery, we pray for all who seek relationship with You even if understanding evades them. May we allow your life-giving body and blood to continually transform us as we align our lives with Yours. Amen.

If you enjoy reading our reflections and would like to make a donation towards this ministry, click the button below!

[Support Us Here](#)



Center for Spiritual Development

COMPANIONS ON THE
SACRED JOURNEY



[Visit Website](#)

(714) 744-
3172

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 (714) 744-3175

[Unsubscribe knuernberg@csjorange.org](mailto:knuernberg@csjorange.org)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by thecsd@csjorange.org