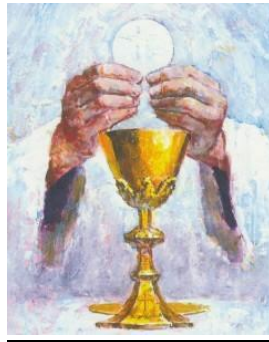


Children's Liturgy - Most Holy Body and Blood of Christ



Hymn - Bread of Life

Listen to the hymn and think carefully about the words that are used: <https://www.youtube.com/watch?v=iYKxMAn3Kfo>

Read the following Gospel, according to St John.

Gospel: John 6:51-58

Jesus said: "I am the living bread that came down from heaven. If anyone eats this bread, he will live for ever. The bread that I will give him is my flesh, which I give so that the world may live."

This started an angry argument among them. "How can this man give us his flesh to eat?" they asked.

Jesus said to them, "I am telling you the truth: if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in yourselves. Those who eat my flesh and drink my blood have eternal life, and I will raise them to life on the last day. For my flesh is the real food; my blood is the real drink. Those who eat my flesh and drink my blood live in me, and I live in them. The living Father sent me, and because of him I live also. In the same way, whoever eats me will live because of me. This, then, is the bread that came down from heaven; it is not like the bread that your ancestors ate. They later died, but those who eat this bread will live for ever."

Gospel reflection: Have a think about some of these questions.

Today Jesus tells us that he is the living bread which has come down from heaven. That anyone who eats this bread will live forever.

He goes on to say that the bread he gives is his flesh, and that whoever eats his flesh and drinks his blood lives in him and he lives in them.

What do you think this means?

Every time we come to Mass, the bread and wine are changed into the body and blood of Jesus. And we come to share in it, even if we only have a blessing, welcoming Jesus into our lives.

Task

Write your reflection on the Gospel that you read and the hymn that you listened to. What did you learn about the Holy Eucharist?
