

# Year C - The Most Holy Body and Blood of Christ

## Luke 9:11-17

*They all ate and were filled*



Jesus welcomed the people.  
He spoke to them about God's kingdom  
and healed everyone who was sick.  
Late in the afternoon the twelve apostles came to Jesus and said,  
"Send the crowd to the villages and farms around here.  
They need to find a place to stay and something to eat.  
There is nothing in this place.  
It is like a desert!"  
Jesus answered, "You give them something to eat."  
But they replied,  
"We have only five small loaves of bread and two fish.  
If we are going to feed all these people,  
we will have to go and buy food."  
There were about five thousand men in the crowd.  
Jesus said to his disciples,  
"Have the people sit in groups of fifty."  
They did this,  
and all the people sat down.  
Jesus took the five loaves and the two fish.  
He looked up toward heaven and blessed the food.  
Then he broke the bread and fish  
and handed them to his disciples to give to the people.  
Everyone ate all they wanted.  
What was left over filled twelve baskets.



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### Message

For this message, you will need a ball and some paint.

Show the ball to everyone and ask them what it is - it's a ball!  
Then cover it in paint and ask them again what it is - it's still a ball.  
Has it changed shape, is it a different type of ball - no. So the only thing that changed is how it looks. It's the opposite with the Eucharist, it looks the same on the outside, but everything has changed!

Revisit the story of the Last Supper.

The bread that Jesus handed out to the 5000 people filled their stomachs. But the bread that Jesus handed out to his disciples did far more than that.

At the Last Supper it was no longer just bread but it was the body of Jesus and the wine became the blood of Jesus. It didn't just fill their stomachs but filled their hearts too.

That's what happens at Mass, we receive the body of Christ like the disciples did.

### Discussion questions

- What do you remember about the Last Supper?
- What happens to the bread at Mass?
- Why do you think Jesus wanted us to celebrate with us like this in the Mass?



To illustrate this message you will need a ball and a bucket/tray of paint with enough to cover the ball.