

Year A - The Most Holy Body and Blood of Christ

John 6:51-58

My flesh is real food and my blood is real drink

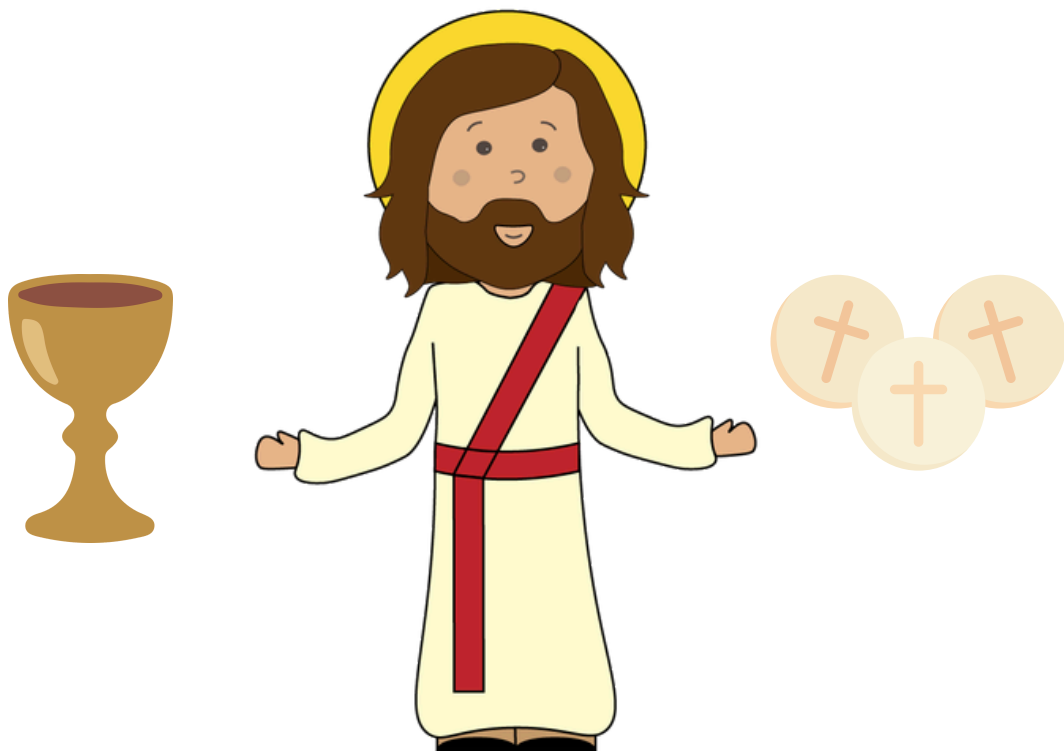


Jesus said to the crowd: "I am the bread from heaven! Everyone who eats it will live forever. My flesh is the life-giving bread that I give to the people of this world." They started arguing with each other and asked,

"How can he give us his flesh to eat?" Jesus answered: "I tell you for certain that you won't live unless you eat the flesh and drink the blood of the Son of Man. But if you do eat my flesh and drink my blood, you will have eternal life, and I will raise you to life on the last day. "My flesh is the true food, and my blood is the true drink.

If you eat my flesh and drink my blood, you are one with me, and I am one with you. "The living Father sent me, and I have life because of him.

Now everyone who eats my flesh will live because of me. "The bread that comes down from heaven is not like what your ancestors ate. They died, but whoever eats this bread will live forever."



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Bread and Wine



Introduction

How does the bread and wine become Jesus' Body and Blood? The Holy Spirit changes it so that, when we consume the Body and Blood, we become one with Jesus! Jesus is closer to us than anything else!

- Help the children to recall the story of the Last Supper.
- Together, see if you can recall things Jesus did and said at the Last Supper.

Message

- Make a point of recalling these words that Jesus said:
 - "Take this all of you and eat of it for this is my Body which will be given up for you" and
 - "Take this all of you and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, it will be poured out for you and many for the forgiveness of sins. Do this in memory of me."
- Ask the children if there is anywhere else they hear these words? (During Mass)
- During mass the priest places his hands over the bread and the wine and says a prayer to call upon the Holy Spirit. This moment in the mass is called the epiclesis.
- Then he takes the bread and prays the words of Jesus (from the Last Supper) so that the bread becomes the Body of Jesus. When the words of the prayer are finished, he holds the Body of Jesus up high. Sometimes, bells are rung when this happens to tell us how special this is!
- Then he takes the chalice filled with the wine and prays the words of Jesus (from the Last Supper) so that the wine becomes the Blood of Jesus. When the words of the prayer are finished, he holds the Blood of Jesus up high. Sometimes, bells are rung when this happens to tell us how special this is!
- This moment in the mass is called the consecration.

Discussion questions

- Isn't it amazing that Jesus loves us so much and wants to be so close to us!
- Invite any of the children who've made their First Communion to share their experience.
- Have you ever noticed the epiclesis and consecration at mass before?
- Encourage the children to look for these moments in the mass.

Look for the posters on the next pages to support this message!

The priest places his hands over the bread and the wine and calls on the Holy Spirit to come. This is called the epiclesis.

There are a few different prayers for Father to choose from but the gesture is always the same.



**"Take this all of you
and eat of it for this
is my Body which will
be given up for you"**



The priest takes the bread and prays the words of Jesus from the Last Supper. The words of this prayer are always the same. This is the moment when the Holy Spirit changes the bread so that it becomes the Body of Jesus. When the words of the prayer are finished, the priest holds the Body of Jesus up high. Sometimes, bells are rung when this happens to tell us how special this is!

**"Take this all of you and drink
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my Blood, the Blood of the new
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**The priest takes the chalice filled with wine and prays
the words of Jesus from the Last Supper. The words of
this prayer are always the same. This is the moment when
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