

Corpus Christi

John 6:35-51

Today is the feast of Corpus Christi, the day we honor Jesus's gift of his body and blood for us in the Eucharist.

Where is the Lord working in your life today?

Be on alert for spiritual sloth and pride.

You are with Jesus in the synagogue of Capernaum. After the miracle of the dividing of the loaves, Jesus gives his most challenging teaching. He tells the crowd that he will feed them with a new manna: his own flesh, which is eternal life for them.

Pray that the Lord draws you out of sloth to embrace the kingly mission he has given you. Pray for the grace of freedom and humility for all Exodus Men, just as they are praying for you.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter. Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love. Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for you are blessed forever and ever. Amen.

A Reading from the Gospel of John

Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst. But I said to you that you have seen me and yet do not believe. All that the Father gives me will come to me; and him who comes to me I will not cast out. For I have come down from heaven, not to do my own will, but the will of him who sent me; and this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up at the last day. For this is the will of my Father, that every one who sees the Son and believes in him should have eternal life; and I will raise him up at the last day."

The Jews then murmured at him, because he said, "I am the bread which came down from heaven." They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven'?" Jesus answered them, "Do not murmur among yourselves. No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day. It is written in the prophets, 'And they shall all be taught by God.' Every one who has heard and learned from the Father comes to me. Not that any one has seen the Father except him who is from God; he has seen the Father. Truly, truly, I say to you, he who believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh."

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. 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."

Reflection

This passage should give us courage and strength. Jesus is telling us that he will guard and protect all those the Father sends to him. He will save them by offering his life for them, and he will nourish them with his own body.

What more could Jesus give us? Last Sunday, we saw how Jesus gave us his own Spirit. Now we see that he is offering us his own flesh to us so that we might eat it and live forever.

Jesus gives us his body to eat so we can enter into communion with him. He wants to be one with us, to live in and through us, so that, with him, we might come to know the Father. His flesh is the food that we need to navigate our journey through this world and come to eternal life. He draws us out of our sloth and gives us the courage we need to fight the spiritual battles of our life.

The Eucharist is the strength that we need to accomplish God's will for our lives. He does not just offer us well-wishes and encouragement. He feeds us with himself, giving us the inner power to do what we could not do otherwise. To be obedient like the Son. To pray, to work, to live, and to suffer like the Son.

The Eucharist keeps us rooted in humility by helping us to recognize that we need the food that Jesus gives us to live. We are not self-sufficient. Jesus invites us to share in his life so that we no longer live on our own but through his divine life enlivening us. The Eucharist is the best remedy against sloth and pride, rooting us in the love of Christ and the need to give ourselves to others in him.

Pray that God will remove all the obstacles that impede the grace he gives you from having its full effect.

Now place yourself before God, and converse with him.

Week 2 Action Items

Form a spiritual plan for vacation time.

Meditate on how sloth impacts your spiritual life.

Schedule fraternity time.