

The Body and Blood of Christ



Christ in Our Neighborhood A Group Commentary

Prayer

Lord of Heaven and Earth, You are the creator of all things living. Nothing compares to Your greatness. Yet, You have made us to be one with You. Time and again, we have wandered from You. Yet, out of love, You call us back. We do not deserve Your love. How can we make a return to You for all that You

have done for us? We can only lift up the Cup of Salvation, your Son, and give You thanks. Amen.

Commentary

1st Reading: Ex 24:3-8

Our Solemnity this weekend celebrates what is traditionally called, Corpus Christi (Body of Christ). However, this year (The B Cycle of the Lectionary) our Church focuses on the Blood of Christ.

The Church invites us to reflect on the value of the sprinkling of the blood of bulls upon the people and upon the altar. This strange custom was necessary in the days of Moses to bring about communion with God and His people.

The bulls represented the people of Israel. The complete spilling of the blood of the animals represented the total and complete commitment of the people to the covenant with God. Spilling all of the blood showed a finality to their dedication. Sprinkling the blood upon the altar (representing God) and upon the people was a sealing of the covenant.

Sprinkling the blood on the people reminded the Israelites that it was not enough for God to forgive the sins of the people. They had to participate in the covenant and follow the Lord with everything they had; with their every drop of blood.

Question

How do you make a return to the Lord with all that you have?

Commentary

2nd Reading: Heb 9:11-15

The Letter to the Hebrews reminds us that Jesus, who took on our flesh, poured out His whole life to God and to God's people. With every drop of blood, Jesus ratified the covenant between God and humanity. His blood was His own and He

did not waste a single drop. No blood of bulls would satisfy this everlasting covenant.

Jesus' blood sacrifice is a once for all and never to be repeated Sacrifice. Unlike the regular and repeated sacrifices of bulls in the days of Moses, the covenant sealed by the blood of Christ is everlasting.

I Am
the
Bread of Life

In his Apostolic Letter on the Most Precious Blood of Jesus, Pope St. John XXIII wrote, "You know well enough that your ransom was not paid in earthly currency, silver or gold; it was paid in the precious blood of Christ; no lamb was ever so pure, so spotless a victim."

As sinners, blemished by our own faults, we are not capable of spilling our own blood. Therefore, the unblemished blood of Jesus Christ would satisfy and complete the new covenant. In this way, Jesus is and always will be the mediator between God and His people.

Jesus said, "There is no greater love than to lay down one's life for another." His blood is poured out for you! Every drop of His blood was for you!

Questions

How do you appreciate what He did for you by pouring out all that He had for you?

Christ in Our Neighborhood

Download free resources and check out our

Leader's Guide at:

dphx.org/Christ-in-our-neighborhood

Commentary

Gospel: Mark 14:12-16, 22-26

In Mark's account of the Last Supper, we hear Jesus say, "This is my blood of the covenant, which will be shed for many."

Again, from The Letter to the Hebrews, we understand that Jesus' blood is the only blood acceptable for the salvation of humanity. The sharing of his blood, sprinkled on the lips of those who receive from His Cup and shed upon the altar of the Cross, ratifies the new covenant.

His Body, broken for us, and His Blood, poured out for us is the once for all, never to be repeated sacrifice. As Christians, we come to receive His Body and Blood in the celebration of the Eucharist. As we receive Him, our Heavenly Father receives Him.

Note: We do not "re-sacrifice" Christ when we come to Mass. Rather, the Mass is a celebration of the everlasting covenant sealed for all time and all people. As we will always receive the one bread and the one cup, our Heavenly Father will always receive His Son and, through Him, Our Father will always receive us.

Question

After reflecting on these readings, in what way does the Blood Sacrifice of Christ deepen your understanding or celebration of the Eucharist?

This Week's Task

If you haven't had the opportunity to make a donation of blood this year, consider visiting a Red Cross station near you.

It's something you can spare and you will be an anonymous hero – in fact, you could help save more than one life with just one donation.

You may not be able to make a blood donation, but you may help to get the message out by becoming a Red Cross Ambassador.

Ritual Prayer

Pray the Litany of the Most Precious Blood of Christ:

Lord, have mercy on us. Lord, have mercy on us.
Christ, have mercy on us. Christ, have mercy on us.
Lord, have mercy on us. Lord, have mercy on us.
Christ, hear us. Christ, graciously hear us.

God, the Father in Heaven, Have mercy on us.
God the Son, Redeemer of the world, Have mercy on us.
God the Holy Spirit, Have mercy on us.
Holy Trinity, One God, Have mercy on us.

"This is
my blood
of the
Covenant
which is
shed for many."

Blood of Christ, only-begotten Son of the Eternal Father, save us.
Blood of Christ, Incarnate Word of God, save us.
Blood of Christ, of the New Testament, save us.
Blood of Christ, falling upon the earth in the Agony, save us.
Blood of Christ, shed profusely in the Scourging, save us.
Blood of Christ, flowing forth in the Crowning with Thorns, save us.
Blood of Christ, poured out on the Cross, save us.
Blood of Christ, price of our salvation, save us.
Blood of Christ, without which there is no forgiveness, save us.
Blood of Christ, Eucharistic refreshment of souls, save us.
Blood of Christ, river of mercy, save us.
Blood of Christ, victor over demons, save us.
Blood of Christ, courage of martyrs, save us.
Blood of Christ, strength of confessors, save us.
Blood of Christ, bringing forth virgins, save us.
Blood of Christ, help of those in peril, save us.
Blood of Christ, relief of the burdened, save us.
Blood of Christ, Solace in sorrow, save us.
Blood of Christ, hope of the penitent, save us.

Blood of Christ, consolation of the dying, save us.
Blood of Christ, peace and tenderness of hearts, save us.
Blood of Christ, pledge of Eternal Life, save us.
Blood of Christ, freeing souls from Purgatory, save us.
Blood of Christ, most worthy of all glory and honor, save us.

Lamb of God, Who takest away the sins of the world,
Spare us, O Lord.

Lamb of God, Who takest away the sins of the world,
Graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world,
Have mercy on us.

Let Us Pray: Almighty and Eternal God, You have appointed Your only-begotten Son the Redeemer of the world, and willed to be appeased by His Blood, Grant, we ask You, that we may worthily adore this Price of our salvation, and through its power be safeguarded from the evils of this present life, so that we may rejoice in its fruits forever in Heaven. Through the same Christ Our Lord. Amen.