



# SUNDAY GOSPEL ACTIVITIES

## Family Activity Page

**Solemnity of the Body and Blood of Christ**

**John 6:51-58**

### Reflection:

Today's feast is also commonly called Corpus Christi, which is Latin for "Body of Christ".

If you've grown up Catholic, you're likely very familiar with the Eucharist. You know that the bread and wine, after the words of consecration said by the priest, are no longer bread and wine. They look and smell and taste like bread and wine (we call these the 'appearances' of bread and wine), but the 'substance,' what they really are, is now Jesus Himself: Body, Blood, Soul, and Divinity. Just because you're familiar with it, though, doesn't mean you should take it for granted.

Have you ever wished you could live at the time of Jesus? Maybe talk or walk with Him? See what He looks like or what His voice sounded like? Maybe you wish you could just be in the same room as Him.

We can! Because the Eucharist is Jesus, whenever we are in the same room as the Eucharist, we are in the same room as Jesus! We can talk to Him and listen for what He says to us in the silence of our hearts. What a special gift! What do you want to tell Jesus today?

### Activities:

- Saint Carlo Acutis (the first millennial saint who died in 2006) developed a website with a list of the Eucharistic miracles throughout the world. You can visit it at [miracolieucaristici.org](http://miracolieucaristici.org)!
- Even if you aren't old enough to receive the Eucharist yet or can't make it to daily Mass, make a spiritual Communion! Click on the link for a beautiful act of Spiritual Communion: [Act of Spiritual Communion Prayer | EWTN](#).
- Make a point to spend extra time with the Eucharist (whether in Adoration or with Jesus in the tabernacle) but do it! Go as a family and soak in the extra time with Jesus.

