



CELEBRATING AT HOME  
BODY AND BLOOD OF CHRIST

*The real presence of Jesus in us (Jn 6:51-58)*



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## BODY AND BLOOD OF CHRIST

### Sign of the Cross

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

**Amen.**

The Lord is here, present among us.

**We are gathered with the whole Church in this moment of prayer.**

### Preparing to hear the Word

We have been called by God  
to be the Church,  
**the Body of Christ in this world.**

We are not a building, but a people,  
gathered and grounded in  
**the Word of God,  
the love of Christ,  
and the unity of the Holy Spirit.**

Lord Jesus, you are  
**the Bread of Life,  
the Wine of Compassion,  
the Word made flesh.**

### Scripture Reading *(John 6:51-58)*

Jesus said to the Jews:

‘I am the living bread which has come down from  
heaven. Anyone who eats this bread will live forever;  
and the bread that I shall give is my flesh for the life  
of the world.’

Then the Jews started arguing with one another: ‘How  
can this man give us his flesh to eat?’ they said.

Jesus replied:

‘I tell you most solemnly,  
if you do not eat the flesh of the Son of Man  
and drink his blood,  
you will not have life in you.  
Anyone who does eat my flesh and drink my blood  
has eternal life, and I will raise him up on the last day.  
For my flesh is real food  
and my blood is real drink.  
He who eats my flesh and drinks my blood  
lives in me and I live in him.  
As I, who am sent by the living Father,

myself draw life from the Father,  
so whoever eats me will draw life from me.  
This is the bread come down from heaven;  
not like the bread our ancestors ate:  
they are dead,  
but anyone who eats this bread will live for ever.

### Reflection - *The real presence of Jesus in us*

We are very used to talking about the Real Presence of Jesus being in the Blessed Sacrament. But the real presence of Christ is also in the community when it gathers in his name to feast on the Word of Scripture, to recall what Jesus said and did at the Last Supper (not only the words over bread and wine, but also the washing of the feet), when it shares the food of the Eucharist together, when it goes out and continues to break and pour out that food in acts of loving kindness, in soothing and nourishing words which brings others to life.

The Eucharist is not only an object to be looked at, but an action to be done so that the living presence of Jesus continues to touch and heal.

Maybe we need to think more deeply about the real presence of Jesus being in real, living human beings.

Bread and Wine have no eyes to gaze with love, no face with which to smile, no mouth to speak soothing words, no arms to hold the grieving and the sick, or to lend a hand, no ears to hear the pain. But we do.

So we are called to become the Eucharist that feeds those around us with the nourishment of breadth of heart and vision, respect, love, compassion, hope and forgiveness.

May we become what we receive. (St Augustine)

### Prayers of Intercession

Eternal God,  
as we recognise and honour the presence of your Son in the Eucharist,  
**may we also recognise and honour his presence in each other.**

May we break the Bread in justice and peace,  
**and share the Cup in kindness and love.**

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As we receive the Eucharist,  
**help us also feast on your Word.**

### Lord's Prayer

Formed by the teaching and example of Jesus,  
we pray:

**Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth  
as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.**

### Closing Prayer

Gracious God of beauty, truth and goodness,  
you redeem and renew us.  
Continue to live deeply within us and through us,  
so that your love and healing  
can continue to touch and transform our world.  
Through Christ our Lord.  
**Amen.**

### Blessing

May the grace of our Lord, Jesus Christ,  
**the love of God,**  
and the communion of the Holy Spirit,  
**remain with us always.**



# Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



The  
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