

Encountering the Word

with Jeff Cavins

Body and Blood of Christ (C)

Genesis 14:18–20 • 1 Corinthians 11:23–26 • Luke 9:11b–17



Trust God with Your Treasure

The significance and holiness of the great gift of the Eucharist is the focus of the Solemnity of Corpus Christi, the Most Holy Body and Blood of Christ. In today's readings, we see how the tradition of the Eucharist was handed down from Christ to the apostles and then to us. In 1 Corinthians, St. Paul reminds us, "I received from the Lord what I also handed on to you." This is the essence of Tradition—handing on the teachings of Christ, particularly his gift of the Eucharist.

In Luke's Gospel, we encounter the story of the feeding of the five thousand. The disciples are overwhelmed by the crowd's hunger and suggest sending them away—a reaction many of us can relate to when faced with overwhelming needs! Yet Jesus responds with something different: "Give them some food yourselves" (Luke 9:13). Though the disciples have only five loaves and two fish, they bring what they have to Jesus. He blesses it, breaks it, and miraculously multiplies it, meeting the needs of thousands.



The key to this miracle is that whatever we have—no matter how small—is enough when placed in the hands of Jesus. We see this reflected in the lives of the saints, like St. Teresa of Calcutta (Mother Teresa), who offered her humble resources to Christ and witnessed him transform them to feed the world. Jesus invites us to do the same. As we receive his Body and Blood, he nourishes us, empowering us to bring our own "five loaves and two fish" to him. Trust that he will take what little we offer and multiply it, using us to meet the needs of those around us and to transform the world in ways we never imagined.

Live the Gospel

Where in your life do you feel you don't have enough? If you feel this way, you are with Jesus and the five thousand. Jesus said, "Give them some food yourselves." With five loaves and two fish, he performed a miracle. So, think of a small gift you can give to Jesus, trusting that he will multiply it. Surrender your limitations to him and watch how he can use *you* to meet the needs around you.

Dive Deeper

Scan this code to watch:



Or go to

<https://media.ascensionpress.com/video/solemnity-of-corpus-christi-c/>

Ponder and Pray

» When faced with overwhelming needs or challenges in your life, how do you respond? Do you trust that offering what little you have is enough in the hands of Jesus?

» How can you let the nourishment of the Eucharist empower you to step out in faith and serve those in need, even when you feel like you have little to offer?

» How might God be calling you to offer your “five loaves and two fish” to make a difference, trusting that he will use your small acts of faith to do great things?

“ **For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.**
—1 Corinthians 11:26 ”

Make It Your Own

You and others in your household may use this space to write anything about today's Mass. It might be your view of Jeff Cavins' reflection, your priest's homily, your answers to the questions on this page—anything to help you and your household get the most out of today's Mass.