

Encountering the Word

with Jeff Cavins

Body and Blood of Christ (A)

Deuteronomy 8:2–3, 14b–16a • 1 Corinthians 10:16–17 • John 6:51–58



My Flesh is True Food



At the heart of the Catholic Faith is a mystery so profound that it cannot be reduced to a mere symbol or sentiment. In the Eucharist, God gives himself to us fully as a Person to be received, not simply a remembrance to be observed. Body, Blood, Soul, and Divinity are offered so that divine life might dwell within us. This gift stands at the very center of who we are as Catholics.

From the very beginning of salvation history, God has used food as a means of communion. In the Garden of Eden, humanity lost access to the Tree of Life through sin. Out of mercy, God prevented Adam and Eve from eating of that tree in a state of death. Later, during the Exodus, he

sustained his people in the wilderness with manna, the mysterious bread from heaven that preserved them on their journey. Yet even that bread could not give eternal life.

In the fullness of time, Jesus reveals himself as the true Bread from Heaven. He does not speak symbolically, nor does he soften his words when they are misunderstood. He insists that his flesh is real food and his blood real drink, and that without receiving him, there is no life within us. What was once lost is now restored. The Tree of Life is no longer guarded. It is the Cross of Christ, and its fruit is given to us at every Mass.

In the Eucharist, we participate in Christ's sacrifice. We are drawn into his life, united to him and to one another. Through this sacrament, God fulfills his desire to dwell with his people, nourishing us with the very life of heaven so that we may live forever.

Living the Gospel

This week, allow your Eucharistic faith to shape your actions. Attend Mass with intentional preparation, arriving early enough to place your heart before the Lord and recall whom you are about to receive. Receive the Eucharist consciously, acknowledging that Christ Himself is entering your life.

Let the unity formed at the altar extend into your daily relationships. Seek reconciliation where division exists, remembering that you share one Bread and one Body. Consider spending time in Eucharistic Adoration, allowing yourself to remain in the presence of the Tree of Life and receive the grace that He wants to give you.

Dive Deeper

Scan this code to watch:



Or go to <https://www.youtube.com/watch?v=qB7-XZ8Bze>

Ponder and Pray

» Jesus insists that without eating his flesh and drinking his blood, there is no life within us. In what ways might spiritual dryness, fatigue, or disconnection in your life be connected to how you approach the Eucharist?

» The same God who once withheld the Tree of Life now offers it freely. What does that reveal about God's mercy, and how does it challenge any fear, shame, or unworthiness you carry into prayer?

» St. Paul teaches that the Eucharist makes us one body. How does your participation in the Eucharist shape the way you view other members of the Church, especially those you find difficult to love?

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's reflection, your priest's homily, or your answers to the questions on this page—anything to help you and your household get the most of today's Mass.

“**Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them.**”

—John 6:54–56