

In preparation for June 7, 2026: The Most Holy Body And Blood of Christ

**Theme - Hungry for Jesus? Eat and live!**

**“Jesus said to the Jewish crowds: ‘I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world. ‘ ”**

**John 6:51-58 (verse 51)**



## Adults -

1. What is your understanding of the affirmation that, “Christ is our living bread?” How has Christ been the living bread in your life? How have you been changed as a result of feeding on Christ? How are you a nourishment to others with Christ’s bread of life?
2. The celebration of the Eucharist is the most profound experience we have in our Catholic faith. How can you use the time after receiving Communion more purposefully? How can you ensure that Christ will continue to be the true source of nourishment in your life? What about others...have they been able to see the difference in your life as a result of being continually nourished by the Eucharist?

**Obstacles for living out the Gospel:** Forgetting that Christ is our Living Bread

## Teens -

1. Why do you think some people struggle with the idea that the Eucharist is truly Jesus and not just a symbol? Do you ever go to Communion out of routine instead of relationship? If someone watched you at Mass, would they know you believe something incredible is happening?
2. We’ve all heard the saying, “You are what you eat.” If you receive Christ, what should people start seeing in you? What would be different in your life if you truly lived like you’re carrying Christ within you?
3. If Jesus were sitting here with us after reading this Gospel, what question would you want to ask Him about the Eucharist?

**Obstacles to living out the Gospel:** The Eucharist still looks like bread. Our culture tells us that if we can’t see it or prove it, it must not be real. But faith often asks us to trust what Jesus said even when our eyes don’t fully understand it.

## Children -

1. What do you think Jesus meant by saying, “I am the living bread.”? Does receiving Eucharist make you want to go out and share Jesus’ love with others? Why or why not?
2. How can you best prepare yourself to receive the body of Christ?
3. Eucharist means to give thanks. Who do you think we are giving thanks to? How can you show Jesus your love and gratitude after receiving Eucharist?

**Obstacles to living out the Gospel:** Thinking Eucharist is only a symbol of Jesus’ body and blood and not actually his body and blood.

