



CELEBRATING AT HOME
20TH SUNDAY IN ORDINARY TIME

Communion with Jesus and one another (Jn 6:51-58)



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Sign of the Cross

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

Amen.

We are the body of Christ.

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

Preparing to hear the Word

Lord Jesus,

you are the Bread of Life.

Lord Jesus,

you are the Wine of Compassion.

Lord Jesus,

you nourish us to eternal life.

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

Jesus said to the crowd:

‘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 shall 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 that comes down from heaven;
not like the bread our ancestors ate;
they are dead,
but anyone who eats this bread will live forever.’

Reflection - *Communion with Jesus and one another*

The first reading this weekend tells how Wisdom has built a house and invited the foolish (those who are not yet wise) to feast on the food of her teaching. Those who eat the bread and drink the wine of Wisdom perceive God’s saving action and understand the life to which they are called as God’s own people.

This first reading provides us with an introduction to listening to the words of the Gospel. Jesus is the living wisdom of God. Like Wisdom in the first reading, Jesus also invites us to feed on him so that we, too, may become wise in the ways of God, perceive God’s saving action in him, become the people of God and have life, not only now, but for ever.

In the Gospel, the dialogue between Jesus and the people continues. This time they are arguing about how Jesus could possibly give them his flesh to eat. Jesus insists that if they don’t eat it they will not have life in them and they will not have eternal life.

Underlining the message by talking about his flesh being real food and his blood being real drink immediately connects this teaching of Jesus to the Eucharistic celebration. Some of these verses may well have been used by the Christians in John’s time during their liturgy. But this reading is not only about the Eucharistic celebration, but also about what that celebration symbolises – the very life of God made present and visible in the person of Jesus and received in the sacramental signs of Bread and Wine. It is a celebration of being in communion with Jesus and the Father. Following the teaching of Jesus, it is also a celebration of being in communion with one another.

Intimate relationship (being in communion) with Jesus the ‘bread of life’, is the way in which Jesus feeds his people with his very self - his own flesh and blood – everything that he is. Food sustains and supports life and growth. To eat Jesus is to be caught up in the communion of life he shares with the Father and to feed on the very life of God. It is how we are sustained

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in and grow in our relationship with God. Eternal life is part of sharing the life of God.

Prayers of Intercession

May wisdom make a home in us
so that we may walk and grow in the ways of understanding.

Open our lips to receive and proclaim Jesus,
our Life Giving Word and Living Bread

May we extend your grace,
and welcoming word and deed to all around us

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

God of Life, Source of Love,
as we celebrate the risen presence of Jesus
may your Spirit transform us into His body and blood,
who lives and reigns with you for ever and ever.
Amen.

Blessing

**May your blessing be always upon us, O Lord.
Amen.**



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.



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