



# Title: Corpus Christi

## Scripture

### John 3:16-18

For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life. For God did not send his Son into the world to be its judge, but to be its saviour. Those who believe in the Son are not judged; but those who do not believe have already been judged, because they have not believed in God's only Son.

**Reflect:** This coming Sunday (22<sup>nd</sup>) we celebrate in church the Feast of the Body and Blood of Christ. It is a celebration of what we receive at Holy Communion; the food given to nourish and strengthen us in body and soul. By receiving the Body and Blood of Christ at communion we become one with Christ, he becomes a part of our being - it is really quite a powerful thought if we allow ourselves time to consider it. Holy Communion is often known as Eucharist. Eucharist means thanksgiving - we express our thanks for all we are and all we have received from God and we give ourselves back to God in a moment of thanksgiving.

So this week let's reflect on two things. Firstly, on the things that nourish us and give us strength just like the 'soul-food' we receive in the Eucharist does. And secondly, but very much linked to the first, on all we have to be thankful for.

- What gives you life and energy?
- What makes you feel happy and fulfilled?
- Who or what are you most thankful for in your life?

Loving Father, we thank you for all gifts you have given to us. We thank you for our homes and families, for those who love and care for us, for those who teach and inspire us. Give us enough love in our hearts to be able to show how grateful we are each day.

**Amen**



## Focus on one each day

### Pray for:

- those in your life you are thankful for.
- those who are hungry in our communities, and in our world
- those persecuted, oppressed or denied their human rights.
- those sitting their GCSE and A'Level exams.
- those in our community who are unwell and unable to be in College.

### Prayer to St Julie Billiart

Saint Julie, through your great devotion to the Sacred Heart of Jesus, you were miraculously cured and favoured by many graces.

By your powerful intercession, obtain for us above all, a great trust in God in all the difficulties of life, the strength to accomplish in all things the adorable will of God, and the special grace we now ardently ask of you.

"We must have courage in the times we live in. Great souls are needed, souls having the interest of God at heart"

St Julie Billiart

## Prayers

Lord help us to remember the needs of others, those in our wider communities, and especially those throughout the world that are hungry and thirsty. We are all members of one body help us to show that in our actions this week. Amen

Lord, help us to appreciate how rich we really are:  
in having food to eat and water fit to drink;  
in having a roof over our heads, and clothes to wear;  
in having education and medical facilities, and families and friends to care for us.  
Help us not to take these things for granted, and not to waste the good things we have; but 'to be rich in good works, to be generous and ready to share with others'.  
**Amen**

### Prayer in action this week:

- Say thank you - mean it!
- Let those you love know you're thankful for them.
- Be there for someone who needs extra care.
- Do something special with people you care for.
- Share with others.

Lord, as we reflect upon the importance of the spiritual food you give to us in the Eucharist help us to remember the value of eating together and sharing what we have with others.

May we always be grateful for any opportunity to share the experience of a meal with others.

We ask this in your name, **Amen**.

Lord,

Thank you for the sacrifice you made for me when you died on the cross. Help me to be worthy of that sacrifice and strengthen me, through your spiritual food, so that I can try to be who you want me to be. **Amen**

### **A Thanksgiving Prayer**

God of all blessings, source of all life, giver of all grace: We thank you for the gift of life: for the breath that sustains life, for the food of this earth that nurtures life, for the love of family and friends without which there would be no life. We thank you for the mystery of creation: for the beauty that the eye can see, for the joy that the ear may hear, for the unknown that we cannot behold filling the universe with wonder, for the expanse of space that draws us beyond the definitions of our selves. We thank you for setting us in communities: for families who nurture our becoming, for friends who love us by choice, for companions at work, who share our burdens and daily tasks, for strangers who welcome us into their midst, for people from other lands who call us to grow in understanding, for children who lighten our moments with delight, for the unborn, who offer us hope for the future. We thank you for this day: for life and one more day to love, for opportunity and one more day to work for justice and peace, for neighbours and one more person to love and by whom be loved, for your grace and one more experience of your presence, for your promise: to be with us, to be our God, and to give salvation. For these, and all blessings, we give you thanks, eternal, loving God, through Jesus Christ we pray. **Amen**

### **Form Activity**

Look at the questions at the bottom of the ' Reflection' section on the front of this sheet.

Think about the answers to those questions during some quiet time (maybe there could be some music playing or it could be silent)

Music suggestion: [Beautiful Day by Jamie Grace](#) (being thankful for what we have each day) Click the link.

Write one or all of the things you thought of down on a piece of paper, perhaps on a Eucharist shaped piece of paper like the one here - [Eucharist printable CW](#) Click the link. - print 2 sheets which will give you enough for one each in your form, In turn you can bring these forward, stick them on a large piece of paper, place them in a basket or plastic wallet.

Pray the words of this prayer together and end by all saying ' Thank you Lord' Perhaps you could display these as a reminder to be grateful?

Loving Father, we thank you for the 'life food' you give us through the people you send each day to share our journey with us, and the opportunities that come to us from your love.

Help to always be grateful and remember to say: **THANK YOU LORD**

Lord, we ask your blessing upon all those who will sit important examinations this week.

Give them your guidance that they may show commitment to their studies.

Give them your comfort that they may not feel over burdened by the pressures they face.

Give them your peace to know that you are walking with them through these difficult times. **Amen**

