

The Body and Blood of Christ

7 June 2026 - Year A

"Though we are many, we are one bread."

Something to Think About

What are your favourite foods to eat?

Why do we eat food? We eat to grow healthy and strong, to have energy and life!

The Story

Today's reading comes from a letter that Saint Paul wrote to the people living in a place called Corinth.

He reminds them that when they break bread, ask God to bless it, and eat it, they are sharing in the body of Christ.

When we go to Mass, the bread is broken and shared among all the people.

When we share in this bread, we become one body in Jesus, even though there are many of us.

The Scriptures

A reading from the First Letter of St Paul to the Corinthians (10:16-17)

Brothers and sisters:

When we drink from the cup that we ask God to bless,
isn't that sharing in the blood of Christ?

When we eat the bread that we break,
isn't that sharing in the body of Christ?

By sharing in the same loaf of bread,
we become one body,
even though there are many of us.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Group Discussion

Talk about how sharing a meal brings people together. Who do you share a meal with each day? How different would it be if you had to eat by yourself?

Jesus gives us a special gift when we celebrate the Eucharist at Mass and he is really present with us. Jesus told his friends to gather together to break bread and share wine as a reminder that he is always with us, giving us life and love.

Praying For Others

Leader: As we come together in prayer, let us remember the needs of others and lift our hearts to the Lord.

Reader 1: We pray that we will be thankful for the food and drink we have each day. Lord, hear us.

All: Lord, hear our prayer.

Reader 2: We pray that we will use the body God has given us to help others. Lord, hear us.

All: Lord, hear our prayer.

Reader 3: We pray that all people in the world will have enough to eat. Lord, hear us.

All: Lord, hear our prayer.

Reader 4: We pray that all people might have clean water to drink. Lord, hear us.

All: Lord, hear our prayer.

Reader 5: We pray that we will be generous in sharing with others. Lord, hear us.

All: Lord, hear our prayer.

Reader 6: We pray for our own needs (*Invite the children to pray for their own special intentions*). Lord, hear us.

All: Lord, hear our prayer.

Leader: Loving God, listen to the prayers we make in the name of Jesus.

All: Amen.

Prayer for this Week



Dear Jesus,
You are truly with us in the bread and
wine we share at Mass. Thank you
for the gift of your loving presence.
Amen.

Video (optional)

Click to watch the video: [Parts of the Body Song](#)



Group or Family Activity (optional)

JESUS' GIFT TO US

You will need: a colouring in page, coloured markers or pencils.

- Talk together about the meal Jesus shared with his disciples at the Last Supper. Discuss how Jesus is with us today in the Eucharist at Mass.
- Ask children to draw themselves into the picture of Jesus sharing bread with his friends. Then they can go ahead and add colour to the scene.



By sharing in the same loaf of bread,
we become one body,
even though there are many of us.
1 Cor 10:17





**AT MASS LOOK CAREFULLY
TO SEE WHAT IS PUT ON
THE ALTAR.
DRAW THESE THINGS HERE.
DO YOU KNOW THE NAMES
OF THESE THINGS?**
