

# Integral Faith

"Homily helps and liturgy resources highlighting care for our common home."



Catholic Climate Covenant<sup>sm</sup>  
Care for Creation. Care for the Poor.

## *Homily Resources and Petitions for the Solemnity of the Most Holy Body and Blood of Christ Cycle C (June 23, 2019)*

### Homily Helps

#### † Scripture passages to note:

**Genesis 14:** "Blessed be Abram by God Most High, the creator of heaven and earth; and blessed be God Most High, who delivered your foes into your hand."

**Psalms 110:** "Yours is princely power in the day of your birth, in holy splendor; before the daystar, like the dew, I have begotten you."

**1 Corinthians 11:** For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

**Luke 9:** Then taking the five loaves and the two fish, and looking up to heaven, he said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets.

#### † Passages from *Laudato Si'* to note:

Each creature reflects something of God and has a message to convey to us ... God created the world, writing into it an order and a dynamism that human beings have no right to ignore. (#221)

Christian spirituality proposes an alternative understanding of the quality of life, and encourages a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption. We need to take up an ancient lesson, found in different religions and also in the Bible. It is the conviction that "less is more." ... Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little. It is a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack. (#222)

Such sobriety, when lived freely and consciously, is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full. (#223)

#### † Comment for the day:

Today as we reflect on the Solemnity of the Body and Blood of Christ, we are drawn into the heart of the paschal mystery, by which, through the power of Christ, sacrifice leads to abundance and death leads to eternal life. If we were among the early followers of Jesus present in the Gospel story from today,

how astonished we might have been to see Jesus turn two loaves and five fish into food to feed thousands. And yet, that miracle is just a glimpse of how we are fed, literally and spiritually, through the abundance of God's creation and through the gift of the Eucharist. Jesus' example of generosity and abundance should be a model for all of us, calling us to turn away from selfishness and possessiveness, and toward a spirit of care for one another and all of God's creation. In *Laudato Si'*, Pope Francis urges us to turn away from consumerism and greed and toward an authentic Christian Spirituality that allows us to live life to the full.

† **Related Prayers of the Faithful:**

**Option 1:** God of grace and goodness, may our celebration of the Eucharist fill us with your spirit of generosity toward all people and toward all of your creation.....

**Option 2:** God of grace and goodness, help us to turn away from selfishness and greed, and learn to place our trust in you.....

Feedback: [Info@CatholicClimateCovenant.org](mailto:Info@CatholicClimateCovenant.org)

Webpage: [www.catholicclimatecovenant.org/resource/english-homily-help](http://www.catholicclimatecovenant.org/resource/english-homily-help)

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