

# Integral Faith

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



## Homily Helps and Petitions for the Solemnity of the Most Holy Body and Blood of Christ, Cycle C (June 22, 2025)

### 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.

#### † Comments 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 today's Gospel story, 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 for 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.

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

We take [ecosystems] into account not only to determine how best to use them, but also because they have an intrinsic value independent of their usefulness. Each organism, as a creature of God, is good and admirable in itself; the same is true of the harmonious ensemble of organisms exist-

ing in a defined space and functioning as a system. Although we are often not aware of it, we depend on these larger systems for our own existence. (140)

The universe unfolds in God, who fills it completely. Hence, there is a mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face. (233)

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)

### Related Prayers of the Faithful

**Option 1:** That our celebration of the Body and Blood of Jesus might fill us with the Spirit of God, making us generous toward all people and toward God's creation, let us pray to the Lord...

**Option 2:** That we might learn to be satisfied with little, so that our life of sobriety will allow us to be generous with our sisters and brothers, let us pray to the Lord...

### Further Resources

**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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