

Corpus Christi

First Reading:

From the book of Deuteronomy 8:2-3. 14-16

²Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. ³He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.

¹⁴then your heart will become proud and you will forget the LORD your God, who brought you out of Egypt, out of the land of slavery. ¹⁵He led you through the vast and dreadful wilderness, that thirsty and waterless land, with its venomous snakes and scorpions. He brought you water out of hard rock. ¹⁶He gave you manna to eat in the wilderness, something your ancestors had never known, to humble and test you so that in the end it might go well with you.

Second Reading:

from the first Letter of St Paul to the Corinthians.

Chapter 10:16-17

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

Corpus Christi

GOSPEL:

John 6:51-58

⁵¹ I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

⁵² Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?”

⁵³ Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵For my flesh is real food and my blood is real drink. ⁵⁶Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. ⁵⁸This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.”