

## 20<sup>th</sup> Sunday of Ordinary Time

Proverbs 9:1-6  
Psalm 34:2-7  
Ephesians 5:15-20  
John 6:51-58

### Monday August 20 St. Bernard

Ezekiel 24:15-23  
Deuteronomy 32:18-21  
Matthew 19:16-22

### Tuesday August 21 St. Pius X

Ezekiel 28:1-10  
Deut 32:26-28,30,35-36  
Matthew 19:23-30

### Wednesday August 22 Queenship of Mary

Ezekiel 34:1-11  
Ps 23:1-6  
Matthew 20:1-16

### Thursday August 23

Ezekiel 36:23-28  
Ps 51:12-15,18-19  
Matthew 22:1-14

### Friday August 24

St. Bartholomew  
Revelations 21:9b-14  
Ps 145:10-13,17-18  
John 1:45-51

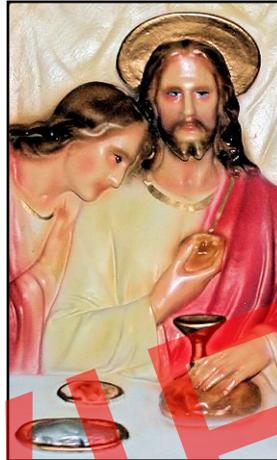
### Saturday August 25

Ezekiel 43:1-7ab  
Ps 85:9-14  
Matthew 23:1-12

In John 6:51-58, we hear the Great Eucharistic Command. Jesus says: "Those who feed on me will have life because of me." What kind of life? What's the difference between having his life and the one you were born with?

Jesus gives us his body and blood in every Mass so that we can consume him in his entirety – all of his humanity and all of his divinity. He wants us to be nourished abundantly by his love. He wants us to receive his strength when we endure trials, his healing when we suffer wounds, and most of all, his *life*, not just when we go to Heaven, but here and now on Earth.

Consuming Jesus should transform us into his likeness. If we truly believe that the Eucharist is the body and blood of Jesus our Savior, then why would we leave Mass unchanged?



Now we, too, are his body and blood on earth, ready for others to consume us, or to put it more accurately, giving them the opportunity to be nourished by the True Presence of Jesus within us.

When we give love to others, they receive God's love. When they fail to return that love, we're being consumed! We're giving more than we're receiving. Similarly, when we give of our time and talents for the sake of God's kingdom

without being paid or rewarded, we're being Eucharist. We are one in body and blood with Jesus.

Being consumed without being destroyed is possible only if we receive from Jesus what others fail to give to us. This is why the Eucharistic celebration of Mass is our true nourishment. It needs to be the source and the summit of our lives.

### Reflect & Discuss:

1. How similar to Jesus are you?
2. What in God's personality do you need to consume more of so that you can become more like him?
3. Share the story of a time when you gave more than you received. How was this Christ-like? Why does it mean you were Eucharist for others?
4. How does receiving Jesus during Mass fill us up so that we can continue giving without being depleted?

By consciously participating in the Penance Rite at the beginning of Mass, actively listening to the readings of the Word of God, sincerely praying with the priest, and trusting in the power of God when we say, "Lord, I am not worthy ... but say the word and my soul shall be healed," and then consuming the Eucharist with humility and awe, we become one with his body and blood.