

“Since Christ Himself has said, ‘This is My Body,’ who shall dare to doubt that it is His Body?”  
St Cyril of Jerusalem



# HE IS WHO HE SAYS HE IS



## WHO KNOWS YOU THE BEST?

Think about your friends and family - who would you say really knows you the best? How do they know you so well??

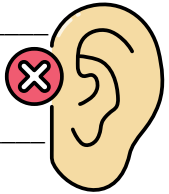
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WATCH FR MIKE SCHMITZ' VIDEO: "THE DISCIPLES DOUBTED THE EUCHARIST. DO YOU?" AND REFLECT ON THE QUESTIONS THAT FOLLOW:



• Fr Mike reminds us that at times we can be blind to \_\_\_\_\_ and to \_\_\_\_\_ and deaf to \_\_\_\_\_.

• Sometimes we're not actually deaf or blind but instead we \_\_\_\_\_ not to hear or see.



• What two major miracles did Jesus work in the 24 hours before He gave the "Bread of Life Discourse"?

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• How many times did Jesus make the point in John 6 that He is the Bread of Life, that his flesh is real food and his blood is real drink?  1  3  5  7

• What was the reaction of some of the disciples to this teaching?

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• How do you respond to their reaction?

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• Why does Fr Mike explain that this wasn't a hard teaching for those who were his disciples: What had they already experienced with Jesus?

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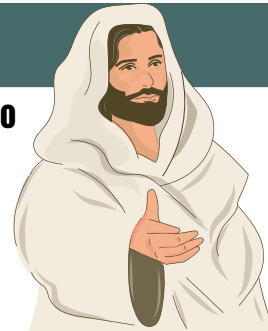


• **Deeper reflection:** how does the parable of Lazarus and the Rich Man relate to how Jesus responded to the disciples after this teaching? Who and what was that parable referencing?

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# He is who he says He is



**The Eucharist is what Jesus says the Eucharist is. What more does He have to do to prove to us that He's reliable, that He's telling us the truth and that the Eucharist really is the very Body and Blood, Soul and Divinity of Jesus Christ Himself?**

**- Fr Mike Schmitz -**

## OVER TO YOU:

- Where are you personally with a belief in Jesus' presence in the Eucharist? Do you struggle?
- Have you ever asked Jesus to let you feel His presence? Have you spent time in His presence at Adoration or even just in front of the Tabernacle? This might be exactly what Jesus is calling you to do right now!



READ: JOHN 6:41-51

When Jesus told his disciples no less than five times in the John 6 discourse that He is the Bread of Life, that His flesh is real food and His Blood is real drink many walked away, they said the teaching was too hard. Fr Mike reminds us in his video that it is a difficult teaching, unless you're one of the disciples who witnessed what they just witnessed. They knew Jesus claimed to be the Son of God and had seen him back this up with miracles. They had just witnessed him feed 5000 men (not to count women and children) with just five loaves and two fish the previous day, so they knew he had the power to do what he wanted with food. The previous night, just hours earlier, he had walked to them across the lake, 3 - 4 miles just walking on water, so they knew he had the power to do what he wanted with His own body too.

We didn't witness these miracles but we have the benefit of knowing that Jesus died and rose from the dead, that He ascended into Heaven. We know that Jesus claimed to be the Bread of Life, that He promised to be with us at every Mass and to be present in the hosts in every tabernacle in every Catholic Church in the world for all time. Are we being as present to Jesus as He is to us? Are we asking for the grace to see and hear Him with the eyes and ears of faith, to open our hearts fully to him? Let's pray for that grace today!



MISSION!

**MAKE A SPECIAL EFFORT TO ARRIVE EARLIER FOR MASS THIS WEEK TO PRAY IN PREPARATION. ASK HIM FOR THE GRACE TO SEE HIM AS HE TRULY SAYS HE IS - PRESENT BODY, BLOOD, SOUL AND DIVINITY IN THE EUCHARIST! STAY A FEW MINUTES LONGER PRAYING IN THANKSGIVING!**



PRAYER TIME!

*Lord open my eyes, open my ears, open my heart to see your presence in the Eucharist today and every day. Amen*



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON JESUS THE BREAD OF LIFE



- Shane and Shane: Taste and See
- The Vigil Project: It is You
- The Vigil Project: I am the Bread of Life
- The Vigil Project: The Humble Miracle
- Matt Maher: Remembrance
- Jim Cowan: This is Jesus
- Soul of my Saviour
- Boyce and Stanley: Behold the Lamb



Jonathan Roumie's Full Speech at the National Eucharistic Congress



The Chosen: Jesus feeds 5,000—no CGI or AI (Full Scene)  
The Chosen: Jesus walks on water...but walks with Simon