

# ST MATTHEW & ST VINCENT DE PAUL SOUTH BELCONNEN PARISH MASS REFLECTIONS FOR YOUTH

The Most Holy Body and Blood of Christ - Year A (14th June 2020)



South Belconnen Online Mass Saturdays at 6pm: <https://1983-roo.my.webex.com/webappng/sites/1983-roo.my/meeting/download/abd5239852f94f46aaafb7155d3ac7e0?siteurl=1983-roo.my&MTID=m0f501ebb3f9a88069755283691084e96>

## Setting up a Prayer Space

Setting up a prayerful space at home is a great way to connect with Mass online and bring Jesus into your home.

What are some items that you can have in your family prayer space this week?



## My Intentions

Before Mass starts, we should think about some of the things that we would like to pray for. Jesus loves to listen to our prayers and help us in our lives.

Write or draw in the space below some of the people or things that you want to hold close to your heart this week.

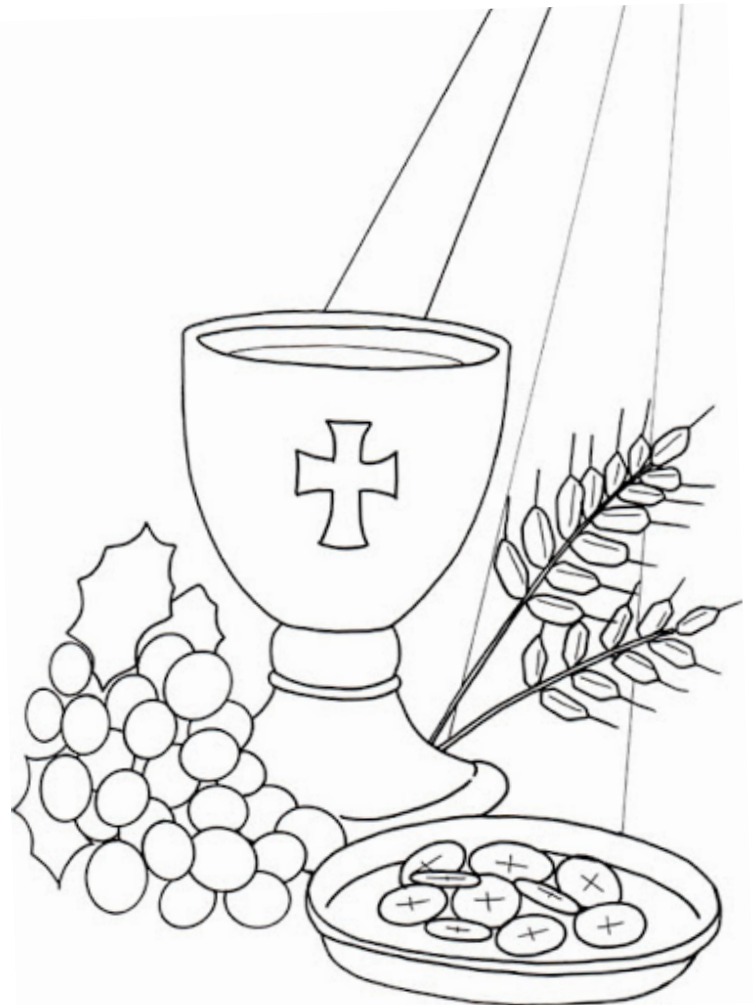


## The Gospel

JOHN 6:51-58

THE BODY AND BLOOD OF CHRIST

As you listen to the Gospel today reflect on what Deacon Joe is saying. Try to write some of the words from the Gospel that stand out to you in the space below.



## My Notes and Reflections

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| E | V | E | N | V | A | E | H | S | E |
| L | I | V | E | N | D | A | E | R | B |
| A | E | D | Y | A | E | N | Y | O | E |
| N | D | O | O | R | E | V | E | T | H |
| R | N | O | S | E | D | F | A | S | T |
| E | F | L | E | H | O | R | E | E | A |
| T | A | B | D | T | E | L | I | C | H |
| E | V | R | E | A | F | A | B | N | I |
| L | S | E | L | F | E | E | V | A | K |
| A | N | R | E | T | E | D | A | E | L |

|           |         |        |
|-----------|---------|--------|
| BREAD     | HEAVEN  | LIVE   |
| EVER      | FLESH   | DRINK  |
| BLOOD     | ETERNAL | FATHER |
| ANCESTORS | DEAD    | ANYONE |



### Spiritual Communion Prayer

We cannot come together to physically celebrate Mass. This means that we are unable to receive the Eucharist. However, you can pray this prayer with your family as an act of Spiritual Communion after Fr Simon breaks the bread.

Jesus, I believe that you are truly present in the Blessed Sacrament.

I love you so much and I want to receive you through communion.

Since I cannot receive you through the sacrament at Mass at this time, I ask that you come spiritually into my heart.

Never let me be separated from you.

Amen

### The Body and Blood of Christ

When we participate in the Sacrament of Communion at Mass we are joining Christians from all over the world in the Body and Blood of Christ.

When Jesus died for us all on the cross so many years ago, he made it possible for us to still receive God's love and forgiveness through his body and blood (in the bread and wine).

Jesus invites us to all attend Mass and break the bread with one another. All we have to do is accept the invitation.

While we can't really attend Mass together at the moment, we can still make an act of spiritual communion. Pray the Spiritual Communion Prayer in the box to the left with your family and friends.

Reflect on how this prayer has made you feel below...



### Weekly Challenge

While it may have been a few months since we have all last received communion together at Mass, we challenge you this week to pray the Spiritual Communion Prayer with your families each day this week and thank God for everything that He enables you to do.