

The Most Holy Body and Blood of our Lord Jesus Christ

While preparing to play in the World Cup, several of the soccer players talked about their faith. David Luiz, who plays for Brazil, said, “My faith in Jesus gives me the strength to keep on going out on to the field and to do my best. But I also want to inspire others.” Jermaine Jones, who plays for the United States, said, “God always has an open ear for us. That is what I believe.” Lewis Holtby of Germany said, “I believe in God because he is the first and the last to hear, understand and cherish us. I used to mess up things for myself by lying, but God put me back on track.... God isn’t found. He finds us.” Robert Lewandowski, who plays for Poland, said, “I’m Catholic and I know that God is always watching me. I’m not ashamed of my faith in Jesus.” Edinson Cavani with Uruguay, said, “God plays a big role in my professional life. One is often confronted with temptations in soccer. I could feel that through reading the Bible I got to know God better and better, and that he was guiding me and stopped me from making the wrong decisions.”

In each of these testimonies you can hear the satisfaction that comes from a relationship with Jesus Christ. Astonishingly, Jesus said he wanted the same thing with us. He said we can remain in him, and that he can remain in us. How is this possible? In many ways - through prayer and the bible, for example. But most of all, Jesus says we can have that relationship through the eucharist. “Whoever eats my flesh and drinks my blood remains in me and I in him.”

Today we celebrate the Solemnity of the Most Holy Body and Blood of our Lord Jesus Christ. This feast reminds us of the precious treasure we have in the eucharist. We believe Jesus’ word. He says, “My flesh is true food, and my blood is true drink.” For this reason, Catholics frequently come together to adore the real presence of Christ in the Blessed Sacrament. But that was not the main reason Jesus gave us his flesh and blood. He doesn’t simply want us to adore it. He wants us to eat and drink. “Unless you eat the flesh of the Son of Man and drink his blood, you do not have life in you. Whoever eats my flesh and drinks my blood has eternal life.”

My brothers and sisters, even soccer players know the satisfaction that comes from a relationship with Jesus Christ. We can enjoy the closest possible relationship with him right here at mass. It is a relationship that Christ himself wants to have. He has set the banquet table. He comes to us. He invites us to come to him. We can have a happier life on earth and prepare for eternal life in heaven if we eat the body and drink the blood of Christ at every Sunday mass.