**Homily** **the Solemnity of the Most Holy Body and Blood of Christ** *Rev. Francis D. Kim*

        Today, we celebrate the great solemnity of the most holy Body and Blood of Christ. This special Feast is celebrated in remembrance of Jesus: His life, His love, and His sacrifice for us. Our readings today look at three different dimensions of the Mass: promise, power, and presence.  
  
        First, the promise. The Eucharist is God’s promise for blessing. The first reading from the Book of Exodus takes us to the mountain of the covenant to show that the Eucharist is the place where the promise of God and the promise of His people still come together. When we receive Holy Communion, we are promised that we will be saved.   
  
        And, second, the power. The second reading from the letter to the Hebrews takes us back to the great Temple in Jerusalem to show the power of the Mass. The Mass is the power of Christian life to bring us to eternal happiness.   
  
        And, third, the presence. The Gospel reading takes us to the Last Supper to show the real and continuing presence of Christ among us in the Eucharist. Christ is truly here right now. And, Christ will be with us until the end of the age.  
   
        The Eucharist is the place of the promise of God’s blessing, the power of salvation, and the real presence of Christ. Jesus transformed the Passover of the Old Covenant into the meal of the ‘New Covenant in His Body and Blood.’ This is a new and eternal Covenant. Now, the pain, the crowds, the blood, the agony are gone!  
  
        We all know this New Covenant of grace was established by Jesus at the Last Supper. This is a climax of our salvation history. We hear this in the Eucharistic prayer at every mass.   
  
        Sitting at the table with His disciples, Jesus took the bread and, giving thanks, broke it, and gave it to His disciples, saying “Take this, all of you, and eat of it, for this is My Body, which will be given up for you.” He said, “This is ‘for you.’”   
  
        Remember. The Body and Blood of Christ are just “for you.” Jesus suffered and died “for you.” This New Covenant is “for you.” Remember this. Jesus said, “This is ‘for you.’” You are very precious in God’s eyes. You are beloved children of God. So, He gave this new covenant and new life to you. Now, you are saved. This is a really Good News.   
  
        We need to distribute this Good News and share it with others, especially those who are hungry. This is our mission after receiving the Holy Communion.  
  
        It is important to remember that receiving the Holy Communion is not simply a personal gesture, but a public proclamation that we are in communion with Christ and the Church.   
  
        So, when we receive Holy Communion, we say “Amen,” which means ‘truly, truly, I believe so.’ When we say this, we are not only making an affirmation of faith, but also making a promise to follow Christ faithfully and to share His great love one another.  
   
        It is our promise. So, the mass is the place of promise: God’s promise to us of future glory and our promise of fidelity as well.  
  
        This special food and special drink have special effects. By giving us His Body to eat and His Blood to drink, Christ united Himself with us. The divinity of God joins us in our humanity.  
   
        Holy Communion gives us intimate union with Christ. There is no doubt here. United with Christ by receiving Communion, we can live a new and eternal life. This is a great power of His promise.  
  
Today, Jesus reminds us He gave us a new covenant with His own Body and Blood. We celebrate this new covenant by eating His Body, by drinking His Blood. This is a God’s eternal promise, the real presence of Jesus Christ in our lives, and the power of salvation.  
  
The Eucharist is the greatest gift we have in this world. If we keep close to the Mass, wherever we are, we will always be close to Christ. So, Jesus says, “Whoever eats My Body and drinks My Blood remains in Me, and I in Him.”