## Most Holy Body and Blood of Christ • C

## Prayer of Preparation

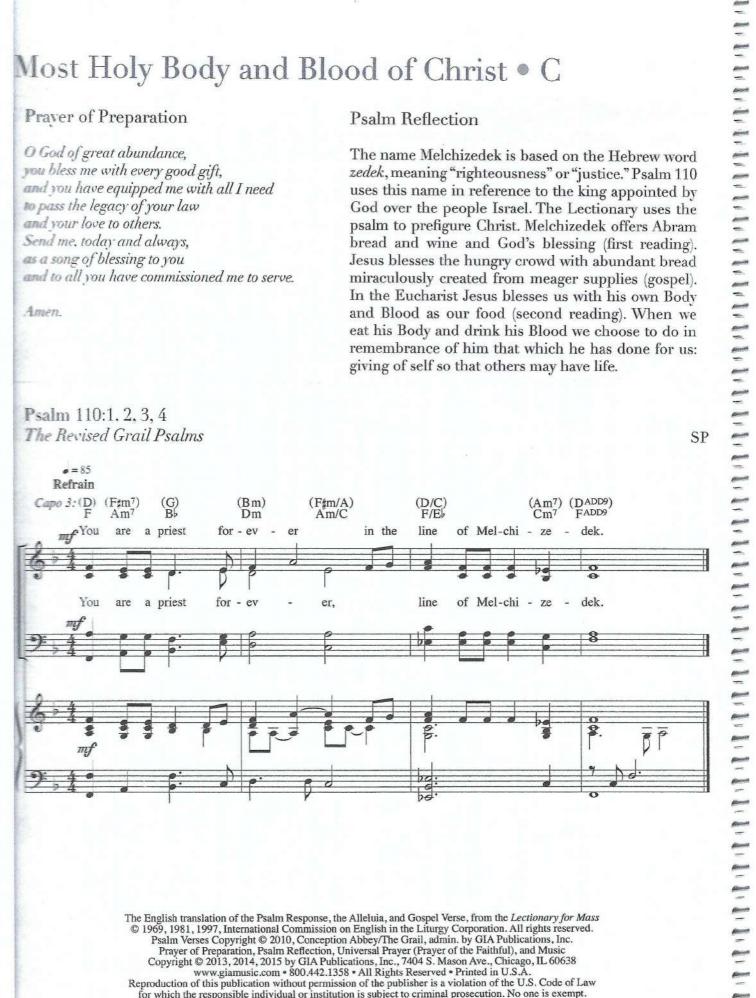
O God of great abundance, you bless me with every good gift, and you have equipped me with all I need to pass the legacy of your law and your love to others. Send me, today and always, as a song of blessing to you and to all you have commissioned me to serve.

Amen.

## Psalm Reflection

The name Melchizedek is based on the Hebrew word zedek, meaning "righteousness" or "justice." Psalm 110 uses this name in reference to the king appointed by God over the people Israel. The Lectionary uses the psalm to prefigure Christ. Melchizedek offers Abram bread and wine and God's blessing (first reading). Jesus blesses the hungry crowd with abundant bread miraculously created from meager supplies (gospel). In the Eucharist Jesus blesses us with his own Body and Blood as our food (second reading). When we eat his Body and drink his Blood we choose to do in remembrance of him that which he has done for us: giving of self so that others may have life.

Psalm 110:1, 2, 3, 4 The Revised Grail Psalms



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