

LOOKING TO SUNDAY®

The Most Holy Body and Blood of Christ, June 18, 2017

This email, entitled Looking to Sunday®, focuses on one or more of the scripture readings for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. Looking to Sunday is written by Father Tom Iwanowski.

FOLLOW THE PRESCRIPTION

When we visit a doctor seeking treatment for some health issue, that doctor will often prescribe a medication to help treat the problem.

The physician explains what drug is being ordered, how it will help, and how it should be taken. Then the doctor hands us a written prescription to take to the pharmacy or more likely sends it electronically to the pharmacist. It is then our responsibility to pick up the medication and start taking it as directed.

However, that last step is the one where things often go wrong.

According to the United States Centers for Disease Control and Prevention, some 20 to 30 percent of new prescriptions are never filled; more than half the time people do not take their medication as directed; and the majority of those taking medication for chronic conditions often take less than prescribed or just stop completely.

Many of us are not very good at doing what the doctor ordered. Then we wonder why we are not seeing any improvement in our health.

What is true in our physical life is also true in our spiritual lives as well.

Throughout the Gospels, Jesus, who is sometimes called the Divine Physician, cures people afflicted with physical ailments. He heals the deaf, the blind, the crippled, the mute, and even restores the dead to life.

But just as wondrously, this Divine Physician heals the human spirit, the human soul. Jesus offers forgiveness, mercy, compassion, hope, strength, and the ability to move beyond past sins and to begin again.

In this Sunday's Gospel (John 6:51-58), Jesus gives us a prescription that we need to take if we are to overcome sin and be spiritually healthy. He says, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you."

In fact, Jesus tells us four times within the eight verses of Sunday's Gospel that we must eat his flesh and drink his blood. Those who do as he says are those who have life within them, the very life of God.

Yet as we know, many Catholics –the majority in certain areas of our country – fail to do what Jesus "prescribes." They do not gather at the table of the Lord on Sundays to share the life-giving Body and Blood of Christ, to receive the strength needed to live as Christians, and to remember and renew their relationship with Christ and His Church.

May we have the good sense to faithfully do what the Divine Physician has prescribed. For no one knows what is better for our spiritual health and well-being than Jesus Christ. And he has

told us, “unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.”

May we not be like people who neglect to do what the doctor has prescribed.

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