



Introduction: A God Who Does Not Leave

We live in a world marked by haste, disconnection, and superficiality. Every day, we face a reality that seems to pull us away from the sacred, from the eternal, from what truly matters. Yet once a year—and in truth, every day—the Church invites us to stop, kneel, and gaze upon the Mystery with a capital “M”: **Jesus Christ truly present in the Most Holy Sacrament of the Altar.**

This is **Corpus Christi**: the solemnity of the God who, out of love, chose to remain with us until the end of time (cf. *Mt 28:20*).

1. What is Corpus Christi?

The Solemnity of **Corpus Christi** (Body and Blood of Christ) is one of the greatest and most solemn feasts in the Catholic liturgical calendar. We celebrate that **Jesus Christ is truly present—Body, Blood, Soul, and Divinity—in the Eucharist.** That is to say: not a symbol, not a memory, not an image; **but He Himself, alive and glorious.**

Faith in the **Real Presence** is the heart of this celebration. Corpus Christi is the joyful proclamation of this truth:

“*This is my Body, which is given for you. Do this in memory of me*”
(*Lk 22:19*).

2. Historical Origin: A Response to God’s Love

Although the Eucharist was instituted on Holy Thursday, **Corpus Christi** arose as a separate feast in the 13th century to emphasize its importance and allow its celebration outside the penitential context of Holy Week.



How did it begin?

- **Saint Juliana of Cornillon**, a Belgian nun of the 13th century, had visions of Christ asking for a special feast to honor the Sacrament of the Altar.
- In 1264, Pope **Urban IV** instituted the feast for the entire Church through the papal bull *Transiturus de hoc mundo*.
- The great theologian and Doctor of the Church, **St. Thomas Aquinas**, was commissioned to compose the liturgical texts and hymns, including the beautiful *Pange Lingua*, still sung during Eucharistic adoration today.

Since then, **Corpus Christi is celebrated with solemnity, processions, hymns, and public adoration** as a visible sign of faith and testimony to the world.

3. When is Corpus Christi Celebrated?

The solemnity is celebrated on the **Thursday following the Solemnity of the Most Holy Trinity**, that is, **sixty days after Easter Sunday**. In many countries where it is not a public holiday, it is moved to the **following Sunday** to facilitate the faithful's participation.

This **"Thursday that shines brighter than the sun,"** as a popular saying goes, marks a meeting with the **Eternal and real Love of Christ**, exposed, adored, and carried in procession through streets and squares.

4. Theological Significance: A Faith That Kneels

a. Real Presence

Catholic doctrine holds that during the consecration in the Mass, the bread and wine are **substantially transformed** into the Body and Blood of Christ. This mystery is called **Transubstantiation**.

Though the appearances (the "accidents") remain, the substance is no longer bread and wine, but Christ Himself.

This is not a human invention. Christ Himself clearly affirms it:



| *“My flesh is true food, and my blood is true drink” (Jn 6:55).*

b. Sacrifice and Communion

The Eucharist is not only a banquet but also a **sacrifice**. In every Mass, the **unique sacrifice of Christ on the Cross** is made present, without being repeated.

Therefore, adoring the Body of Christ means recognizing His offering for us, and receiving Communion means **uniting ourselves intimately with His sacrifice**.

5. A Spirituality Centered on the Eucharist

Celebrating **Corpus Christi** is about rediscovering the center of Christian life: **the Eucharist as its source and summit** (*Lumen Gentium*, 11).

What does this mean for daily life?

- **Living from the Eucharist** means making each day an offering, a lived Mass in the everyday.
 - **Receiving Communion well-prepared**, with a soul cleansed through Confession and a heart thirsty for God.
 - **Adoring frequently**, visiting the Blessed Sacrament even without words.
 - **Giving thanks**: the Mass is “thanksgiving,” and to live eucharistically is to live gratefully, even in trials.
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6. Corpus Christi Today: More Necessary Than Ever

In times of secularism, indifference, and relativism, **the Corpus Christi procession is a public act of faith**. Carrying Christ through the streets is not medieval nostalgia: it is a **prophetic gesture** that proclaims to the world that **God is alive, present, and near**.

Moreover, it is a testimony against the logic of disposability and selfishness: **Christ gives Himself totally, unconditionally, without measure**. How could we not imitate Him?



7. Theological and Pastoral Practical Guide

A. To live Corpus Christi in depth:

Action	Spiritual Meaning	Practical Application
Participate in Mass with reverence	Real encounter with Christ	Arrive early, read the readings beforehand
Receive Communion worthily	Intimate union with Jesus	Go to Confession if in mortal sin, prepare with prayer
Adore the Blessed Sacrament	Acknowledge the Living Presence	Visit a chapel, take turns for adoration
Join the procession	Bear witness to faith before the world	Invite others, walk with devotion
Reflect as a family	Educate in faith	Read John 6 at home, share personal testimonies

B. Suggested Prayer:

"Lord Jesus, present in the Most Blessed Sacrament, I firmly believe in You. I adore You, I love You, I thank You for remaining with us. Increase my faith, help me to live eucharistically each day, and may Your presence transform my life. Amen."

8. Example of Life: Eucharistic Saints

Many saints centered their lives on the Eucharist. Here are some inspiring examples:

- **Saint Tarcisius**, a young martyr who died protecting the Eucharist.
- **Saint Clare of Assisi**, who repelled a Saracen invasion with the Blessed Sacrament.
- **Saint Manuel González**, known as "the Bishop of the Abandoned Tabernacle."



- **Saint John Paul II**, who said: “The Church lives by the Eucharist.”

Conclusion: A God Who Walks With Us

Corpus Christi is not just another feast. It is the **celebration of the God who remains**, who never tires of loving, who desires to dwell in our hearts, in our streets, in our families.

In a world hungry for meaning, peace, and true love, **the Eucharist is answer, medicine, and way**. To celebrate it, adore it, and live it is the most authentic way to be Christian today.

Because **Christ is not far away. He is here. He is alive. He is in the consecrated Host**. And as the Psalm says:

*“How can I repay the Lord for all the good He has done for me? I will take the cup of salvation and call on the name of the Lord”
(Psalm 116:12-13).*

Do you want to begin a truly Eucharistic life? Don’t wait for the next Corpus Christi. Jesus awaits you today in the nearest tabernacle. **Visit Him. Speak to Him. Love Him.**

And let that Love transform your life.