



“I am with you always”

Matthew 28:20

## Where is God?

**Read:** Mark 14:12-16, 22-26

This second Sunday after Pentecost is known as Corpus Christi in the Catholic Church, the feast of the Body and Blood of Christ. It is a moment for us as Catholics to reflect upon the Eucharist.

Whenever I meditate on the gift of the Eucharist I think of the passage in Matthew where Jesus says to his disciples, “I am with you always until the very end of the age” (28:20). Very often in our lives we question God’s presence. Where is he in times of struggle or doubt? Where do I find him in moments of difficulty or tragedy?

In a strange way these questions are answered in the Eucharist. When the priest elevates the Host we can call to mind that Christ was raised on a cross and died for our sins. When the priest breaks the Host we can call to mind that Jesus’ body was broken, rejected and humiliated out of love for us. That no matter what kind of tragedies we experience in our lives, he has felt the depth of our suffering. When we consume the Host, Christ’s promise to be with us is literally fulfilled. We are united to him. We are not alone. He enters our lives, our brokenness, and our weakness. He seeks to transform us. He reminds us that he loves us and wants to give each of us new life. If we extend our hands to touch him, he will heal us. We must have faith in his promise, even when life is difficult.

We should never underestimate the importance the sacraments play in our lives. Through them we physically encounter God and his love for us. He is not distant. He offers us new life in the waters of baptism, healing in the sacrament of confession and his very self through the gift of the Eucharist. If you ever wonder where God is in your life, just go to mass and look in the palm of your hand when you receive the Host. There he is. Loved poured out for you. Humble enough to be born in a manger. Humble enough to enter into a tiny piece of bread. Humble enough to die for your sins and offer you eternal life. Humble enough to share in your suffering. Humble enough to say to you, “take and eat, this is my body.”