

Daily Prayer

Solemnity of the Most Holy Body and Blood of Christ
Year A, *The Year of Matthew*
Special Jubilee Year of Saint Francis



Readings: Deuteronomy 8: 2–3, 14–16; Psalm 147: 12–15, 19–20; 1 Corinthians 10: 16–17; John 6: 51–52.

The Year of Matthew and Jubilee Year of Saint Francis

On January 10, 2026, Pope Leo XIV inaugurated the special Jubilee Year of Saint Francis. This special Jubilee Year commemorates the 800th anniversary of Saint Francis of Assisi's death. (Refer to the [Vatican News](#) link for further details.)

You may like to share Sister Rita's, first [MacKa Moment video](#) for 2026 on The Year of Saint Francis Assisi with your teachers, leaders, students and families.

Sister Rita is a [Sister of Saint Joseph](#), who supports our schools and parishes with the [Mary Mackillop Heritage Centre](#) in East Melbourne.

Further, locally, the theme for Catholic Education Week 2026 is **Christ beside me: Walking in the footsteps of Saint Patrick**. For further details about the theme, please refer to page 2 of our [Liturgical Calendar](#).

The Gospel readings for this Year A are taken from the Gospel of Matthew, and the Church is currently celebrating the Season of Easter.

Every day of the week, Daily Prayer will invite those gathered to participate in prayer rituals and respond respectfully in a prayerful context. This week is about setting up for success in a way that those gathered will become comfortable with the structure, the responses, the gestures, the prayers and the symbols. Daily Prayer will be a time when all feel welcomed and valued.

Preparations for Daily Prayer

The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities and days of special cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

The prayers will introduce students to traditional prayer and liturgical practices and responses, as well as a variety of Christian spiritual experiences. Take the opportunity to create a Sacred Space for prayer as you might do in creating a protected garden. This may include a prayer cloth or placemat, a bible, a candle and flowers.

Additional resources (apps, websites, music, videos) will be suggested for those wanting to enrich the prayers or to understand the readings at a deeper level.



Overview of the Week

The Gospel readings for this Year A are taken from the Gospel of Matthew, and the Church is currently celebrating the Season of Easter.

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – <i>White</i>	I am the living bread come down from heaven.	Praying with the Gospel Sequence
Tuesday – <i>White</i>	He fed them with the finest wheat and satisfied them with honey from the rock.	Entrance Antiphon Praying with the First Reading
Wednesday – <i>White</i>	Whoever eats of this bread will live forever.	Praying with the Gospel Reflection
Thursday – <i>White</i>	We who are many are one body, for we all partake of the one bread.	Praying with the Second Reading Responding in Song
Friday – <i>White</i> Feast of the Most Sacred Heart of Jesus	Most Sacred Heart of Jesus, I place my trust in you.	Praying with the Gospel Prayers of Intercession Prayer to the Sacred Heart

Note that Scripture quotations are from the Lectionary (*Jerusalem Bible*) or the NRSV.

Suggested Teacher Background for the Readings

Liturgy Help: [Commentaries and Homilies & Reflections](#)

Sunday Connection: [Loyola Press](#)

The Emmaus Series: [Sunday Reflections](#)

*To access Liturgy Help, please ensure you are logged into the CEVN website <https://cevn.cecv.catholic.edu.au/>



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Today's Daily Prayer – I am the living bread.

In the Gospel reading for last Sunday Jesus says, 'I am the living bread'.

Preparation: Choose readers and someone to light the candle.

Enhance your sacred space for this week by having some symbols of bread and wine.

Provide copies of the Sequence for all to respond.

Monday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

Leader: We begin our prayer with the Sign of the Cross, calling to our minds and hearts the presence of our merciful and forgiving God.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Light candle and pause.

Leader: As we light this candle, we remember that you, Lord Jesus, are the light of the world.
Lord, show us the way.

All: **Amen.**

Listen

Background to the Gospel

The Gospel from this past Sunday includes the final verse from last week's reading. It is the culmination of a long discussion about bread, beginning with the miracle of the feeding of five thousand people. Jesus' words, 'I am the living bread which came down from heaven ... The bread I will give for the life of the world is my flesh', were very confronting to the Jews. There was already a heightened atmosphere of tension and Jesus' words only increased it. How can Jesus give them his body to eat? But it was not about bread at all. They are talking about bread on a physical level but Jesus is talking about it on a spiritual level.



Leader: Let us prepare to listen attentively to the sacred words of Scripture.

If possible, the Scripture passage is to be read from a Lectionary or a Bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God and treat the text with reverence.

Reader: A reading from the holy Gospel according to John.

'I am the living bread that came down from heaven.

Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.'

Pause for silence.

Reader: The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

Respond

The Sequence for the feast of the most holy Body and Blood of Christ.

Leader: A sequence is a long hymn that follows the Second Reading and leads into the Gospel Acclamation. It is seldom used and then only on four Sundays of the year. Originally it was used to prolong the Gospel procession on high feast days.

Let us pray together part of the Sequence from the Mass of the feast of the Body and Blood of Christ.

All: Very bread, good shepherd, tend us,
Jesus, of your love befriend us,
You refresh us, you defend us,
Your eternal goodness send us
In the land of life to see.

You who all things can and know,
Who on earth such food bestow,
Grant us with your saints, though lowest,
Where the heav'nly feast you show,
Fellow heirs and guests to be. Amen. Alleluia.



Go Forth

Leader: May we go forth today celebrating that we are the Body of Christ.
With Christ beside me, our lives are formed in faith, hope and love.
Saint Patrick, patron saint of our local Church in Melbourne.

All: **Pray for us.**

Leader: In this special Jubilee Year of Saint Francis, Saint Francis of Assisi.

All: **Pray for us.**

In the name of the Father, and of the Son and the Holy Spirit.

Amen

Extinguish candle and pause.



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Readings: Deuteronomy 8: 2–3, 14–16; Psalm 147: 12–15, 19–20; 1 Corinthians 10: 16–17; John 6: 51–52.

Today's Daily Prayer – Forty days with God in the desert

Today's prayer focuses on the First Reading when Moses reminds the people that God had given them manna from heaven.

Preparation: Choose readers and someone to light the candle.

Enhance your sacred space for this week by having some symbols of bread and wine.

Tuesday

Gather

Leader: We begin our prayer with the Sign of the Cross, calling to our minds and hearts the presence of our God.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Light candle and pause.

Leader: Let us say listen to the Entrance Antiphon.

He fed them with the finest wheat and satisfied them with honey from the rock.

Listen

Background to the First Reading

In the First Reading, Moses compares God's relationship to the Israelites to that of a parent to a child. He tells the people how, when they wandered in the desert for forty years, God cared for them, providing water and manna from heaven. This was a sign of God's great compassion and God's desire to be in a loving relationship with his people. But it was not only food they needed, but the also the Word of God.

If possible, the Scripture passage is to be read from a lectionary or a Bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God and treat the text with reverence.

Leader: Let us listen attentively to the words of sacred Scripture.

Reader: A reading from the book of Deuteronomy

Remember the long way that the Lord your God has led you these forty years in the wilderness, to humble you, testing you to know what was in your heart, whether you would keep his commandments. He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord.

(Pause)

The Word of the Lord.

All: **Thanks be to God.**



Respond

Leader: The Eucharist is a sign of God's love and compassion and shows us what God is prepared to do for us. Sharing in the Eucharist can draw us into a deeper relationship with God.
We are invited to depend on God and trust God as a child would a parent.
Let us take some time to reflect and pray.

Go Forth

Leader: Abba Father, may we come to know you and trust you more each day.

All: **Amen.**

Leader: In the love of God the Son, may we be comforted and treasured.

All: **Amen.**

Leader: In the love of God the Holy Spirit, may we be inspired and energised.

All: **Amen.**

Leader: As we go forth, may we be work to build the Kingdom of God here on earth.
With Christ beside me, our lives are formed in faith, hope and love.
Saint Patrick, patron saint of our local Church in Melbourne.

All: **Pray for us.**

Leader: In this special Jubilee Year of Saint Francis, Saint Francis of Assisi.

All: **Pray for us.**

In the name of the Father, and of the Son and the Holy Spirit. Amen

Extinguish candle and pause.



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Today's Daily Prayer – To live forever.

Today's prayer focuses on the Gospel of the feast of the Body and Blood of Christ. Jesus says that he is living bread come down from heaven.

Preparation: Choose readers and someone to light the candle. Enhance your sacred space for this week by having some symbols of bread and wine.

Wednesday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

Leader: We begin our prayer with the Sign of the Cross, calling to our minds and hearts the presence of our merciful and forgiving God.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: Lord Jesus, you are the bread come down from heaven. Nourish and feed us with yourself.

All: Amen.

Listen

Background to the Gospel

The Gospel from this Sunday includes the final verse from last week's Gospel. It is the culmination of a long discussion about bread, beginning with the miracle of the feeding of five thousand people. Jesus' words, 'I am the living bread which came down from heaven ... The bread I will give for the life of the world is my flesh', were very confronting to the Jews. There was already a heightened atmosphere of tension and Jesus' words only increased it. How can Jesus give them his body to eat? But it was not about bread at all. They are talking about bread on a physical level but Jesus is talking about it on a spiritual level.

If possible, the Scripture passage is to be read from a lectionary or a Bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God and treat the text with reverence.

Reader: A reading from the holy Gospel according to John.

'I am the living bread that came down from heaven. Whoever eats of this bread will live forever;



and the bread that I will give for the life of the world is my flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So, Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.'

(Pause)

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Respond

Leader: Let us take some time to reflect on what this Gospel promises us:

To have life to the full. *(Pause and reflect)*

To live in Jesus and have Jesus live in us. *(Pause and reflect)*

To live for the sake of Jesus. *(Pause and reflect)*

To be the Body of Christ in the world. *(Pause and reflect)*

To live forever. *(Pause and reflect)*

Go Forth

Leader: Let us go forth comforted by the knowledge that, with Jesus, there is life forever.

All: Amen.

Leader: With Christ beside me, our lives are formed in faith, hope and love.

Saint Patrick, patron saint of our local Church in Melbourne.

All: Pray for us.

Leader: In this special Jubilee Year of Saint Francis, Saint Francis of Assisi.

All: Pray for us.

In the name of the Father, and of the Son and the Holy Spirit. Amen

Extinguish candle and pause.



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Today's Daily Prayer – Bread of Communion and Fellowship.

Today we focus on the Second Reading from Saint Paul's first letter to the Corinthians.

Preparation: Enhance your sacred space for this week by having some symbols of bread and wine. Choose readers and a person to light the candle. Provide access to AV to play the reflection hymn.

Thursday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: As we light this candle, let us remember that we are called to be the Body of Christ.

Lord, make us your living body.

All: Amen

Listen

Background to the Second Reading

In Greek the word for communion is *koinonia*, which means fellowship and community. It describes coming together as one, having a focal point, or a common purpose or belief. This is what we do when we come together at Eucharist. At the Last Supper Jesus offered his body for us to share so that we can become one with him. This sharing defines us as the Body of Christ. The Church is made up of those who share in the Communion and choose to be one with him.

Leader: Let us prepare to listen attentively to the sacred words of Scripture.

If possible, the Scripture passage is to be read from a lectionary or a Bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God and treat the text with reverence.

Reader: A reading from the first letter of Saint Paul to the Corinthians.

The blessing-cup that we bless, is it not a sharing in the blood of Christ? The bread that we break,

is it



not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

(Pause)

Reader: The Word of the Lord.

All: **Thanks be to God.**

Respond

A hymn to Jesus, the Bread of Communion

Preview these hymns and choose the one that is most suitable for your community.

Leader: Let us listen and reflect on the messages of Jesus in this hymn.

[*I am the Bread of Life – I Will Raise Him Up*](#), by John Michael Talbot

[*Bread of Life*](#), by Bernadette Farrell

[*One Bread, One Body*](#), by John Foley SJ

[*Bread for the World*](#), by Bernadette Farrell

(Pause)

Go Forth

Litany to Jesus, the Bread of Life

Leader: Jesus, bread of life, you give us hope.

All: **Amen.**

Leader: Jesus, bread of life, you give us strength.

All: **Amen.**

Leader: Jesus, bread of life, you give us love.

All: **Amen.**

Leader: Saint Patrick, patron saint of our local Church in Melbourne.

All: **Pray for us.**

Leader: In this special Jubilee Year of Saint Francis, Saint Francis of Assisi.

All: **Pray for us.**

In the name of the Father, and of the Son and the Holy Spirit. Amen

Extinguish candle and pause.



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Today's Daily Prayer – Most Sacred Heart of Jesus, I place my trust in you.

Today we focus on the readings for the feast of the Most Sacred Heart of Jesus, celebrated today.

Preparation: Choose readers and a person to light the candle.

Friday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

Leader: We begin our prayer with the Sign of the Cross, calling to our minds and hearts the presence of our merciful and forgiving God.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: Jesus, heart most pure, heart most holy, heart most faithful, look on us with love.
Show us your mercy and compassion.

All: Amen

Listen

Background to the Gospel

In this passage from Matthew's Gospel, Jesus addresses the common people, the ones who are most heavily laden, weighed down with obeying the hundreds of religious laws. The religious leaders and the Roman rulers have wealth and power at the expense of the lowly, but Jesus rejects this social order as contrary to God's will. The image of the yoke would have been a familiar symbol of burden and oppression, but the yoke that Jesus offers is not burdensome but life-giving, for Jesus is gentle and humble in heart.

If possible, the Scripture passage is to be read from a lectionary or a Bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God and treat the text with reverence.

Leader: Let us prepare to listen attentively to the sacred words of Scripture

Reader: A reading from the holy Gospel according to Matthew.

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

(Pause)



The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Respond

Prayers of Intercession

Leader: Loving and tender God, listen to the prayers we bring to you.

Reader: We pray for our Church and world leaders: that their words and actions may be founded on love.
Lord, hear us.

All: Lord, hear our prayer.

Leader: We pray for all gathered here: that we may know God's deep and endless love for us.
Lord, hear us.

All: Lord, hear our prayer.

Leader: We pray for those who feel unloved and uncared for: that they may be surrounded and embraced by God's love. Lord, hear us.

All: Lord, hear our prayer.

Leader: We pray for ourselves: that we may show the warm and tender love of God to all we meet.
Lord, hear us.

All: Lord, hear our prayer.

Leader: In your mercy and love, we ask you, God, to hear our prayers.

All: Amen.

Go Forth

Leader: When I am weary ...

All: Jesus, give me rest.

Leader: When I am overburdened ...

All: Jesus, take my load.

Leader: When my yoke is too heavy ...

All: Jesus, make it light.

**Most Sacred Heart of Jesus,
I place my trust in you.**

Leader: With Christ beside me, our lives are formed in faith, hope and love.
Saint Patrick, patron saint of our local Church in Melbourne.

All: Pray for us.

Leader: In this special Jubilee Year of Saint Francis,
Saint Francis of Assisi.

All: Pray for us.

In the name of the Father, and of the Son and the Holy Spirit. Amen

Extinguish candle and pause.

