

For my flesh is real food,  
and my blood is real drink.  
Anyone who eats my flesh and drinks my blood  
lives in me, and I live in them

As I, who am sent by the living Father,  
myself draw life from the Father,  
so whoever eats me will draw life from me.  
This is the bread come down from heaven.  
Anyone who eats this bread will live for ever"

Jesus, thank you for the gift  
of your Body and Blood in Holy Communion

### Chapter 6 (59 - 69)

After hearing what Jesus said about  
his flesh and blood, many of his disciples said  
"How can anyone believe in such crazy ideas?"  
Many disciples then stopped following Jesus

Jesus said to the 12 apostles "What about you?  
Are you also going to leave me?"

Peter replied "Lord, who shall we go to?  
You have the message of eternal life.  
We believe you are the Holy One of God"

Jesus, please don't ever let me stop following you