



The Holy Eucharist

The Eucharist is the source and summit of the Catholic Faith. It is the Heavenly Bread through which we are nurtured, the sustenance of our spiritual life. It is Christ Himself who comes to dwell among us, to call us to Himself. For 2000 years, the Church and Her great Saints have heard His call: "Come to me, all you who labor and are burdened, and I will give you rest" (Matthew 28:11). In looking upon the Eucharist, we make an ultimate profession of faith, leaving our senses for what our soul alone can comprehend. Let us always come to Him, to be filled with the love that He alone can give.

Quick Scripture

St. John 6:32-71
St. Luke 22:19-20
St. Matthew 14:13-21
St. Matthew 26:26-28
St. Mark 14:22-24
1 Corinthians 10:16-17
1 Corinthians 11:23-29

Main Eucharist Themes:

- ❖ What do we believe?
 - "In the most blessed sacrament of the Eucharist 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really, and substantially contained*' (CCC 1374).
 - "Under the consecrated species of bread and wine (accidents) Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity" (CCC 1413).
- ❖ Why do we believe?
 - "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed" (John 6:53-56).
 - "Jesus took bread, said the blessing, broke it, and giving it to his disciples said, 'Take and eat; this is my body.' Then he took a cup, gave thanks, and gave it to them, saying, 'Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins' (Luke 22:19-20)
- ❖ Reception of the Eucharist
 - "The Church warmly recommends that the faithful receive Holy Communion when they participate in the celebration of the Eucharist" (CCC 1417).
 - "Anyone who desires to receive Christ in Eucharistic communion must be in the state of grace. Anyone away of having sinned mortally must not receive communion without having received absolution in the sacrament of penance" (CCC 1415).
 - "Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord" (1 Corinthians 11:27).
 - "Communion with the Body and Blood of Christ increases the communicant's union with the Lord, forgives his venial sins, and preserves him from grave sins" (CCC 1416).
- ❖ Adoration
 - "Because Christ himself is present in the sacrament of the altar, he is to be honored with the worship of adoration.
 - "The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration..." (CCC 1380).