

- The very beginning: The Eucharist is truly the Body, Blood, Soul, and Divinity of Jesus
  - Do you remember when you learned that the Eucharist is actually Jesus?
    - It can be a huge stumbling block for Catholics and non-catholics
      - What my eyes tell me can be wrong?
        - Tantum Ergo
          - “Faith for all defects supplying, where my feeble senses fail”
- John 6--**The Bread of Life Discourse**
  - He feeds the 5000
  - Walks on water
  - **35** Jesus said to them, “I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst. **36** But I said to you that you have seen Me, and yet do not believe. **37** All that the Father gives Me will come to Me, and the one who comes to Me I will certainly not cast out. **38** For I have come down from heaven, not to do My own will, but the will of Him who sent Me. **39** This is the will of Him who sent Me, that of all that He has given Me I lose nothing, but raise it up on the last day. **40** For this is the will of My Father, that everyone who beholds the Son and believes in Him will have eternal life, and I Myself will raise him up on the last day.”
  - **The Father’s will** ^^^

## Words to the Jews

- **41** Therefore the Jews were grumbling about Him, because He said, “I am the bread that came down out of heaven.” **42** They were saying, “Is not this Jesus, the son of Joseph, whose father and mother we know? How does He now say, ‘I have come down out of heaven?’” **43** Jesus answered and said to them, “Do not grumble among yourselves. **44** No one can come to Me unless the Father who sent Me draws him; and I will raise him up on the last day. **45** It is written in the prophets, ‘And they shall all be taught of God.’ Everyone who has heard and learned from the Father, comes to Me. **46** Not that anyone has seen the Father, except the One who is from God; He has seen the Father. **47** Truly, truly, I say to you, he who believes has eternal life. **48** I am the bread of life. **49** Your fathers ate the manna in the wilderness, and they died. **50** This is the bread which comes down out of heaven, so that one may eat of it and not die. **51** I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh.”
- **52** Then the Jews *began* to argue with one another, saying, “How can this man give us *His* flesh to eat?” **53** So Jesus said to them, “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 yourselves. **54** He who eats My flesh and drinks My blood has eternal life, and I will raise him up on the last day. **55** For My flesh is

true food, and My blood is true drink. **56** He who eats My flesh and drinks My blood abides in Me, and I in him. **57** As the living Father sent Me, and I live because of the Father, so he who eats Me, he also will live because of Me. **58** This is the bread which came down out of heaven; not as the fathers ate and died; he who eats this bread will live forever.”

- **Bread that came down from heaven? Slight to Moses**
- **In the back of His mind--Who gave the bread in the time of Moses? My Father!**
- **I am the living bread that came down from heaven**
  - Do we recognize our hunger or believe we are fine?
- **He doesn't stop with the poetic image of Him being bread--My flesh is true food, and my blood true drink.**
- **BETTER THAN MOSES--Eternal life over temporal sustenance.**

## Words to the Disciples

- **59** These things He said in the synagogue as He taught in Capernaum.
- **60** Therefore many of His disciples, when they heard *this* said, “This is a difficult statement; who can listen to it?” **61** But Jesus, conscious that His disciples grumbled at this, said to them, “Does this cause you to stumble? **62** *What* then if you see the Son of Man ascending to where He was before? **63** It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life. **64** But there are some of you who do not believe.” For Jesus knew from the beginning who they were who did not believe, and who it was that would betray Him. **65** And He was saying, “For this reason I have said to you, that no one can come to Me unless it has been granted him from the Father.”
- **This is a difficult statement...**
  - **Small group or big group sharing-- *Has there ever been a moment you experienced that difficult statement or moment with the Lord?***
    - **Tough teaching**
    - **Tough cross given**
    - **Etc.**
  - John Henry Newman says 1000 difficulties do not equal one doubt, and so I think it's healthy to enter into our difficulties instead of just trying to squash them.
  - **Big group question;** How could we as christians do better in helping those 'out the outside' when they verbalize a difficulty

## Peter's Confession of Faith

- **66** As a result of this many of His disciples withdrew and were not walking with Him anymore. **67** So Jesus said to the twelve, “You do not want to go

away also, do you?" **68** Simon Peter answered Him, "Lord, to whom shall we go? You have words of eternal life. **69** We have believed and have come to know that You are the Holy One of God." **70** Jesus answered them, "Did I Myself not choose you, the twelve, and yet one of you is a devil?" **71** Now He meant Judas *the son* of Simon Iscariot, for he, one of the twelve, **was** going to betray Him.

- **To whom shall we go, You have the words of eternal life. We have believed and have come to know that You are the Holy One of God.**
  - **If you say we gotta eat your flesh, by golly I'm gonna eat your flesh.**
    - **Holy Indifference, if it's for Jesus i'm all in.**

### The Catechism--Why i love it

- The Source and Summit
    - CCC 1324 "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it."
      - The 2 homework questions can flow straight from your own thoughts and feelings but if you need inspiration this paragraph in the catechism might be a place to start.
    - A Sacrament is an outward sign instituted by Christ to give grace.
      - Grace. God life being shared with us.
      - Unity.
        - Both in our community, but also with God--hence emphasis on the word Communion.
          - *"For this is why the Word became man, and the Son of God became the Son of man; so that man, by entering into communion with the Word and thus receiving divine sonship, might become a son of God."* Iraneus
          - *SIMPLER: God became man that man might become God*
            - THIS IS THE TYPE OF UNITY WE ARE TALKING ABOUT
            - WE RECEIVE JESUS, THAT WE MIGHT BE RECEIVED INTO JESUS.
        - Also, unity with Christ on the Cross
          - Take my watch off story
        - Unity with the heavenly liturgy
      - The Eucharist shows us the way to think about every aspect of the faith
        - God centered. Radiating generosity and humility. Ever present. Awareness of Christ's sacrifice and the hope of heaven.
    - *Small group or big group question: What has the Eucharist meant to you personally?*
- Titles for the Eucharist
  - Eucharist: Action of Thanksgiving (We offer up our own sacrifice of bread and wine in gratitude)
  - The Lord's Supper--Practically what happened with the apostles but also a foretaste of the heavenly banquet.

- The Breaking of the Bread
    - On the day before he was to suffer, he took bread in His holy and venerable hands, and with eyes raised to heaven to you, O God, his almighty Father, giving you thanks, he the blessing, broke the bread and gave it to his disciples saying: Take this, all of you and eat of it...
    - He takes us, blesses us, breaks us, and gives us.
  - The Holy Sacrifice
    - Unification with the Sacrifice on the Cross, but also is used to show the perfection of all the old testament sacrifices--this one is the big deal.
  - Holy Communion
    - Because of the communion with Jesus and the body of Christ which we mentioned before.
  - **Can you think of any others we use?**
- The Institution Narrative--to the Mass of Today.
    - Justin Martyr CCC 1345
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The nitty gritty--How does it work?

- The Matter and Form
  - The Matter is the stuff
    - Bread from wheat, and wine from the vine
  - The Form is what makes it what it is
    - The Words of the institution narrative
      - Spoken slowly and clearly
  - BOTH ARE NEEDED
- Substance and accidents
  - Transubstantiation
    - A change in the very substance.
  - Before Mass we have bread and wine that is substantially (really truly bread and wine) and accidentally (looks like, tastes like) bread and wine.
  - As we said before we need the matter and form for the sacrament, so we always need bread and wine
  - Then Father says the words of institution
    - Take this all of you and eat of it....
      - It's in all caps and we're told to pray these words clearly and deliberately because something really happens.
        - SOMETHING REALLY HAPPENS
      - CCC 1374 "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, substantially contained."
      - The main difference between what we teach and lets say a Luthern church
        - Consubstantiation teaches the bread and wine coexist as that but also as the presence of Jesus but only during the time of the service...once it's over it just goes back to being bread and wine alone.

- Do we receive communion at protestant churches?
    - Have we always believed this?
      - We read John 6, the other 3 gospels and St. Paul all have institution narratives
      - St. Ignatius of Antioch in 107AD says “The Eucharist is the Flesh of our Savior Jesus Christ. Flesh which suffered for our sins , and which the Father, in His goodness, raised up again.”
      - St. Hippolytus of Rome in 235 says, “He has given us His own divine Flesh and His own precious Blood to eat and to drink.”
      - There was no argument until 1000 years later briefly, and then more majorly the protestant reformation in the 1500’s
- Fruits of Holy Communion CCC 1391
  - Union with Christ
  - Gives life through the Holy Spirit, preserves, increases, and renews the life of grace received at baptism
  - Separates us from sin
    - Both pass sin and preserves us from future sin
    - Wipes away venial sin
  - Eucharist strengthens our charity
  - Unites us as One Body, the Church
    - See you in the Eucharist...
  - The Eucharist commits us to the poor
    - John Chrysostom says “You have tasted the Blood of the Lord, yet you do not recognize your brother,...You dishonor this table when you do not judge worthy of sharing your food someone judged worthy to take part in this meal...God freed you from all your sins and invited you here, but you have not become more merciful.”
  - Hope of heaven
    - This unity is but a foretaste.

## Eucharistic Miracles

- Lanciano Italy

In 750 AD, a priest experienced a terrible temptation to doubt the True Presence while he was saying Mass. As he pronounced the words of consecration, the bread and the wine transformed into what appeared to be flesh and blood.

In 1970, more than 1,200 years later, scientists began a thorough examination of the miraculous substances, and in 1973, the World Health Organization (WHO) of the United Nations began their own barrage of five hundred tests, which took fifteen months. The scientific tests revealed:

- The coagulated substance is human blood, AB blood type, with the same protein distribution as found in normal, fresh blood.
- The Host is human muscular striated tissue of the myocardium, left ventricle (heart); arteries, veins, the branch of the vagus nerve and adipose tissue all can be identified.

- Like the blood, the flesh is also fresh, living tissue, because it “responded rapidly to all the clinical reactions distinctive of living beings.”
- Most remarkably, the blood is divided into five unequal-sized parts, and yet each part weighs exactly 15.85g, and all parts together also weigh the same 15.85g.

After their tests, the Medical Commission of WHO and UN reportedly published results in 1976, stating:

“Science, aware of its limits, has come to a halt, face to face with the impossibility of giving an explanation.”

It’s hard to imagine that the UN would get involved with a religious miracle nowadays, let alone admit defeat in explaining it away.

- Orvieto Italy
  - Host started bleeding, they still have the corporal
- Siena
  - 1730 hosts were stolen
  - Found in a collection box dirty, priests decided to let them deteriorate
  - They didn’t...You can venerate the hosts today 285+ years later
- **Lastly Blessed Imelda**
  - 1300’s
  - Wanted dearly to receive the Eucharist at age 5, 14 was the age then
  - They said no
  - At 9 a floating lit up host was hovering above her head so a priest decided she was ready to receive communion
  - After some time of her praying as nun walked up and saw her still smiling. She tapped her shoulder and she collapsed. She had died of love.
    - John Vianney said, “If we really understood the Mass we would die of joy.”
- In conclusion..
  - This is the center of our faith.
  - Heaven is the ultimate goal.
  - Reverence, honor, and appreciation.
  - All things we do should point back to Jesus in the Eucharist
  - He has incredible love for you. Humbly waiting to spend time with you, and to be worthily received into you.