

LESSON 24: JESUS COMES TO US IN THE HOLY EUCHARIST

We are very fortunate because we can receive the Holy Eucharist, the Bread of Life at every Mass. In order to prepare for our divine Guest into our hearts, three things are necessary: We must believe in Him. We must be in His good graces. And we must fast (not eat or drink anything except water or medicine) for one hour before He comes to us.

Once we receive Jesus, we kneel down to make a thanksgiving. We silently pray to Him, tell him about our joys, hopes, dreams, disappointments. We can ask Jesus to show us the way in our difficulties. Every time Jesus comes to us, He fills our souls with His own life, and we become grace-filled persons, God created us to be.

"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world." (John 6:51)

"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." (John 6:53-58)

"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 him." (John 6:55-56).

The best way to stay close to Jesus is to go to Holy Mass and receive Holy Communion. If we share in His banquet on earth, he will one day invite us to live with Him forever in Heaven.

Words to know:

Thanksgiving: giving thanks.

Consecration: Most solemn part of the Holy Mass

Transubstantiation: During Mass the bread and wine is changed into the Body and Blood of Jesus Christ while the appearance of bread and wine remains.

Questions and Answers

1	What is Holy Eucharist? Holy Eucharist is the real body, blood, soul and divinity of Jesus Christ, the Son of God. His Real Presence is hidden within the appearance of a small white consecrated host.
2	What things are necessary for the worthy reception of Holy Communion? For a worthy reception of the Holy Communion, three things are necessary: first, to be in the grace of God; second, to realize and to consider whom we are about to receive; third, to observe the Eucharistic fast
3	What happens when we receive the Holy Eucharist each time? When we receive the Holy Eucharist each time, this holy uniting of our body and soul with the body, blood, soul and divinity of Jesus in Holy Communion, strengthens our holy friendship with Jesus. And all this began at the time of receiving our first Sacrament of Baptism.
4	Is it a good and useful thing to receive Holy Communion frequently? It is a very good thing and most useful to receive Holy Communion frequently, even every day, provided it is done always with the right disposition.

5	<p>What effects does the Eucharist produce in him who receives it worthily?</p> <p>In him who receives it worthily, the Holy Eucharist preserves and increases grace, which is the life of the soul, just as food does for the life of the body. The Holy Eucharist takes away venial sins and preserves us from mortal sin, and it gives spiritual joy and consolation by increasing charity and the hope of eternal life of which it is the pledge.</p>
6	<p>What is the Holy Eucharist?</p> <p>Eucharist is the Heart of the Church, what our heart is to our body. The Eucharist is the heart of the Mystical Body of Christ.</p>

In the presence of Jesus in the Blessed Sacrament we pray:

O Sacrament most holy, O Sacrament divine,

All praise and all thanksgiving be every moment Thine.