



SAINT LOUIS ABBEY



The Eucharist

The Eucharist is the very heart of life and is a very beautiful and delicate gift. God gave the Israelites manna in the desert as their food for their journey from a life of slavery to a new life of freedom. What Jesus gives us at the Last Supper is so much more! Jesus gave us his body and blood, the Eucharist, so that we might have nourishment for our journey from an earthly life to an everlasting life in Heaven. "Your ancestors ate manna in the desert but they died; this is the bread that comes down from Heaven so that one may eat it and not die." (John 6:48-49). This exquisite gift, the gift of God himself, is given to us during the Eucharistic prayer at Mass. We hear the Priest say "This is my body" and "This is my blood" and it takes a huge jump in faith to believe it. But in all four Gospels Jesus says, "This is my body" and "This is my blood" and who are we to go against what Jesus says? Knowing that Jesus said this requires incredible reverence and awe to be able to receive Jesus. We must act adoringly even when our senses tell us it just cannot be. This is called the Sacred Mystery. St. Justin Martyr says "not as common bread or common drink do we receive these, but ...as we have been taught the food which has been made into the Eucharist by the Eucharistic prayer set down by him, and by change of which our blood and flesh is nourished." In John 3:16 the Bible tells us "God so loved the world he gave his only son so that everyone who believes in Him may not perish but may have eternal life." It is not just a one-time gift; rather it is a fabulous gift that can be enjoyed everyday if wanted to and is the way to live forever with God.

By: Doug Brooking, 13