

# THE EUCHARIST IN SCRIPTURE

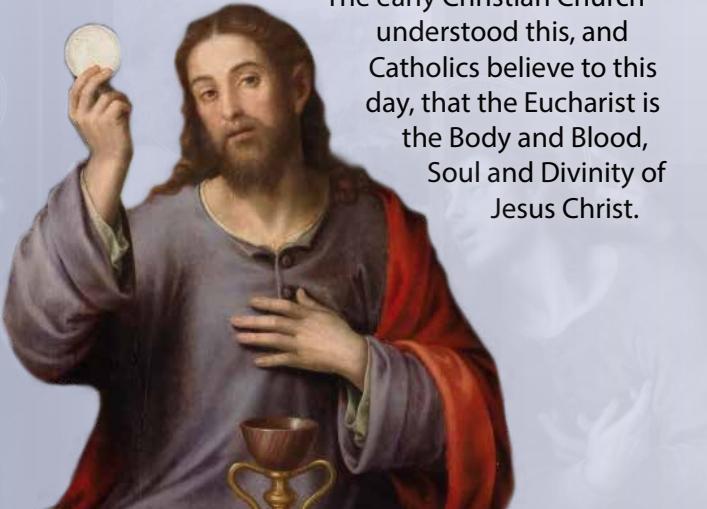
The belief in the Real and Living presence of Jesus in the Eucharist comes to us from Jesus Himself, handed down through Scripture and through Church teaching. Jesus tells His disciples:

*"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"*  
(Jn 6:53-55)

At the Last Supper, Jesus took bread and wine and said: *"Take, eat; this is my body...this is my blood of the covenant, which is poured out for many for the forgiveness of sins."* (Mt 26:26-28)

We know from the original Greek text that the words Jesus used left no room for misunderstanding; He was speaking literally, not symbolically or metaphorically; the Eucharist is Jesus!

The early Christian Church understood this, and Catholics believe to this day, that the Eucharist is the Body and Blood, Soul and Divinity of Jesus Christ.



*"Behold this Heart which has so loved that it has spared nothing, even to exhausting and consuming itself in order to testify its love."*

**(Jesus to St Margaret Mary Alocoque)**

*Jesus, you are real. You know me and you love me! I turn to you so that I may receive the gift that you long to give me - the gift of your peace, joy, freedom, mercy and love. I trust in you, and ask you for the faith to be able to recognise you in the Eucharist, where you make yourself present to me and invite me into your Heart.*

Jesus is present in every tabernacle in every Catholic church around the world. You are always welcome to spend time with Him as He awaits your response to His love and mercy!

## Contact Us

Catholic Archdiocese of Sydney

Evangelisation Project

02 9307 8480

[lfo@sydneycatholic.org](mailto:lfo@sydneycatholic.org)



CATHOLIC  
ARCHDIOCESE  
OF SYDNEY

# THE BLESSED SACRAMENT

*The Bread of Life*



**Your questions answered**



## WHO IS THE EUCHARIST?

Catholics believe that the Eucharist, also known as the Blessed Sacrament and Holy Communion, is truly Jesus Christ under the form of bread and wine.

Pope Francis said of the Eucharist:

*"It is Jesus, it is Jesus who saved me, it is Jesus who comes to give me the strength to live. It is Jesus, Jesus alive!"*



## WHY HAVE A PROCESSION?

In a Eucharistic procession a priest or a bishop carries a monstrance (an ornamental container used to hold the Eucharist), which at its centre holds the living presence of Jesus Christ. During a procession, Jesus Christ comes among us in humility and in love. We use incense to signify adoration to God as well as our prayers rising heavenwards.

A procession allows us to give public witness to this central belief of Catholic faith: the intimate presence of God in the world, His merciful love for all and His invitation to us to journey with Him into eternal life.

## EUCHARISTIC MIRACLES OF THE WORLD

There are more than 100 recorded Eucharistic Miracles recorded on the website [www.miracolieucaristici.org](http://www.miracolieucaristici.org). The earliest of these dates back to the 8th Century AD, and the most recent having taken place in Sokółka, Poland in 2008.

More information regarding some prominent Eucharistic Miracles can be found at:

<https://bit.ly/2WGY4PU>

## EUCHARISTIC MIRACLES

Eucharistic miracles are extraordinary events, where the Eucharist no longer appears under the form of bread and wine, but takes on the biological qualities of human flesh or blood or both. These miracles have no scientific explanation but can be scientifically verified, and help us go beyond the visible and perceptible to the existence of something beyond, or even supernatural.

### MIRACLE OF THE EUCHARISTIC - LANCIANO

The first recorded Eucharistic Miracle took place in 750 AD in a church in Lanciano, Italy. The priest celebrating Mass had doubts about whether the bread and wine actually changed into the Body and Blood of Jesus, and whether Jesus was truly present in the Eucharist. When the priest pronounced the words of consecration: "This is My Body; This is My Blood," the substance of the bread was miraculously changed into flesh and the substance of the wine into blood.

Various scientific investigations have been conducted, confirming the flesh consists of the living muscular tissue of a human heart, and the blood contains proteins and minerals as found in healthy human blood.



You can see the preservation of the Flesh and of the Blood, which have remained in their natural state for 12 centuries, in the Sanctuary of the Eucharistic Miracle in Lanciano. LANCIANO IMAGES: AFC, CC BY-SA 3.0