

**‘SACRED BANQUET, SPIRITUAL FOOD:
THE GRACES GIVEN IN HOLY COMMUNION’**

‘Jesus said, “I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.” Jesus fulfils this promise by giving us His Body and Blood as spiritual food and drink when we receive Holy Communion.’

The Eucharist is a sacred banquet which brings us into communion with Christ and with the whole Church. Everything we need, ‘every gift, every blessing, every virtue - is given to us in Holy Communion.’

Through Holy Communion ‘we deepen our friendship and intimacy with Jesus Christ. The graces of baptism are renewed and increased. Our venial sins are forgiven. Our ability to love is strengthened. And we are given a foretaste of heaven itself!’

We all need to examine our conscience and to prepare for so great a gift. A regular confession can help, as it reminds us of Our Lord’s infinite love and mercy towards us. Our good Lord especially longs to forgive any grave sins we may have on our conscience, so that restored in His Grace, we can once again receive Him in Holy Communion.

Both the Sacrament of Confession and the Eucharist are Sacraments of Jesus love, forgiveness, healing, and peace. They enable us to become more like Him, and to know his infinite love for us, so that we can share this love with others. Through us Jesus will reach out to souls and draw them to Himself.

Prayer

Lord our God,

You have given us the true bread from heaven.

In the strength of this food
may we live always by your life
and rise in glory on the last day.

We ask this through Christ our Lord.

Amen.



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This reflection is with reference to and with quotations from
‘Meeting Christ in the Eucharist’
By Father Stephen Wang.