

'The Real Presence of Jesus Christ in the Eucharist'

When we come to Mass, we encounter Jesus in different ways. He is with us as a praying community, we hear Him through His Word, and we encounter Him in the ministry of the priest. 'There is one way of being present, however, that is utterly unique and has a significance far beyond all the others: the Real Presence of Jesus Christ in the Eucharist.'

At the last supper Jesus said to His disciples "This is my body...this is my blood..." "Anyone who eats my flesh and drinks my blood has eternal life...for my flesh is real food and my blood is real drink."

We believe Jesus' words because they are His words, and His promise to us. We believe also 'because of the constant teaching of the Church over twenty centuries. We believe too because of the witness of the saints, who became saints in part because they learned to love Jesus Christ in the Eucharist.'

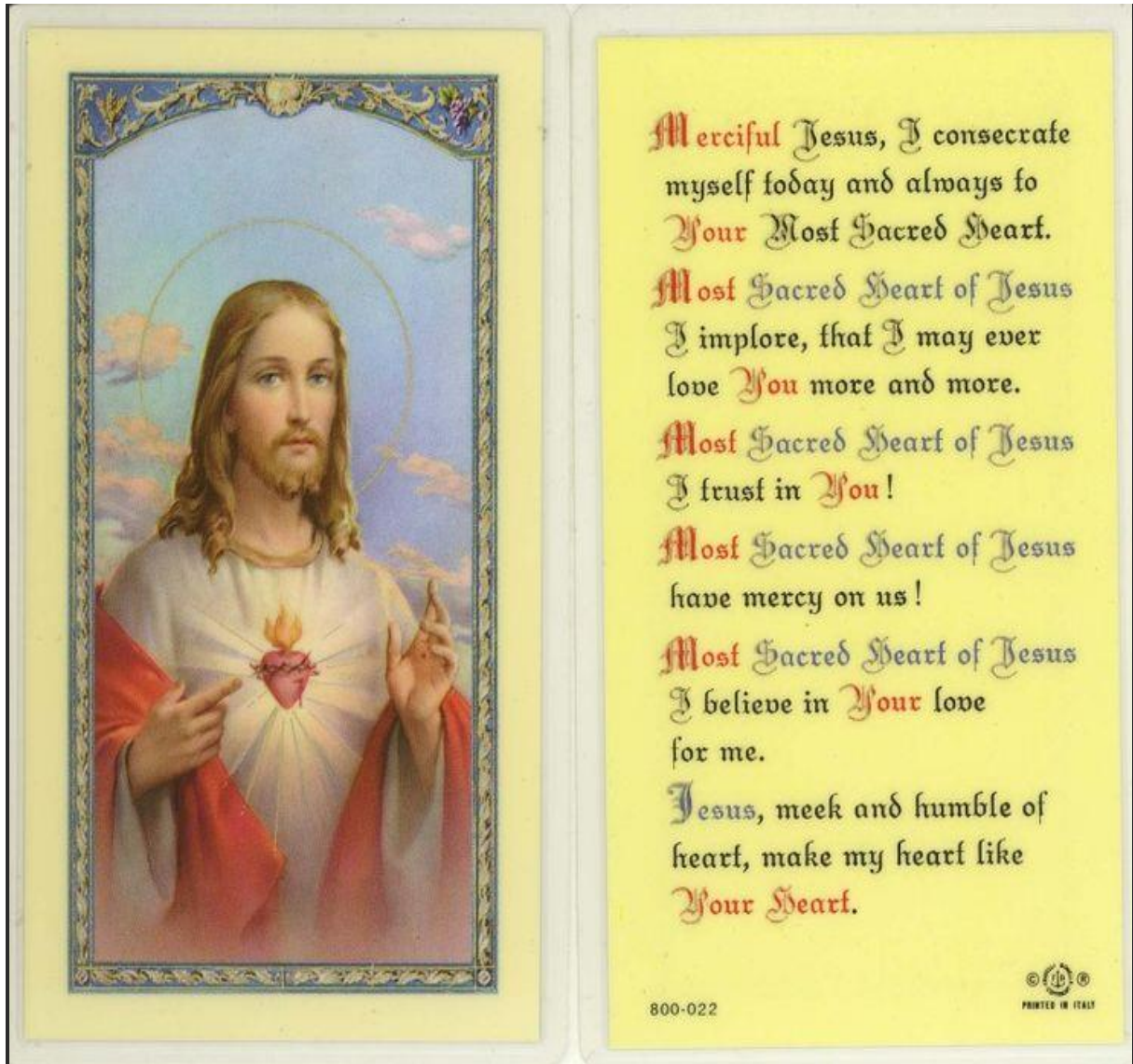
We know that when we receive Holy Communion, we receive the whole Christ – Body, Blood, Soul, and Divinity. He feeds our hungry souls; He forgives our sins and heals us. He comes to us in love and friendship. We receive a share in Jesus' holiness and a promise of eternal life.

When Jesus appeared to St. Margaret Mary Alacoque, 'His Sacred Heart was burning with love for her and for the whole of humanity, wounded by our sins and our lack of love, calling us to know Him more, calling us to love Him in the Blessed Sacrament.'

Jesus stays with us, residing in the tabernacles of our Catholic Churches and He longs for, and delights in our visits. Through the eyes of faith, we know that we are truly in His presence, and can open our hearts to Him. We can confide in Him and share with Him, 'heart to heart, face to face.' We desire to love Him, to adore and to reverence Him. We are comforted and re-assured as we again remember Jesus' words: "I am with you always, yes, to the end of time."

Prayer:

"We adore You most holy Lord Jesus Christ, here, and in all your Churches throughout all of the world; and we bless you, because, by your holy cross, you have redeemed the world." St. Francis of Assisi



This reflection is with reference to, and quotations from the second Chapter of:

‘Meeting Christ in the Eucharist’, by Fr. Stephen Wang.