

The Miracle of the Eucharist

The same Jesus who lived and died and rose from the dead is the Jesus you receive. The same resurrected body that came through the door Easter Sunday night, is the One you receive.

Food becomes me when I eat it. I become more Jesus the more I receive Him. St Augustine wrote, "You will not change me into you as happens with bodily food; rather, you will be changed into me."

The Mass is:

1. A **personal, intimate and individual encounter with Jesus**. Every sacrament is a personal encounter with Jesus. In the Mass we meet Jesus in His Word and personally in the Eucharist. The Mass is **Communion**- union. We join, unite with each other and with Jesus. We participate in the **heavenly banquet**. At Baptism, we enter the Covenant with Jesus. This covenant is a permanent relationship with Jesus that grows throughout our lives.

2. A participation in the **sacrifice of the Cross**-, the perfect sacrifice for all time. Jesus continues to offer Himself to the Father in the Mass. The crucifixion was a bloody sacrifice and the Mass in an unbloody participation in that eternal sacrifice. The Mass is our participation in the **sacrifice** of the cross. Jesus' sacrifice is eternal and we, by the gift of God, can participate in that perfect sacrifice of His passion, death and resurrection. He is the perfect **victim** and the perfect **High Priest** (Hebrews).

Every Mass is the reenactment of the Sacrifice of Jesus on the Cross. Just as Jesus sacrificed His life to set us free, the priest offers his life to set himself and us free and we offer our lives to set ourselves and others free- from sins, addictions, false gods, crimes, hatreds, unforgiveness, etc.

3. **Praise and Adoration**- Jesus is present in the Mass and He offers Himself to the heavenly Father. Jesus is now in His glorified body in heaven. We adore and praise Him throughout the Mass: Gloria, Hosanna, etc.

4. **God's mercy** which

- a. Removes our venial sins.
- b. Removes the guilt of our sins.
- c. Removes the punishment for our sins.
- d. Removes the punishment, which the souls in purgatory have to undergo.

5. A **mystery**- we cannot explain **Transubstantiation**, how it takes place. It is a mystery as to how the bread and wine become the body, blood, soul and divinity of Jesus. Yet we believe they do.

6. A **memorial or remembrance**- it reminds us of what Jesus did for us in His life and in His death. "Do this in memory of me." Lk 22:19, 1 Cor 11:24. We always remember Jesus during the Mass. We not only remember Him, but we are drawn closer to Him by every Mass we attend. Jesus willingly gave us His life. He chose death out of love for us and for all. He chose to remain with us everyday and forever. He loves us that much!

7. The most powerful means of **petition**- we can ask Jesus anything in the Mass and know that He will give us the most loving response possible. We ask and we accept His desire in every request.

8. A perpetual **sign of renewed life**- we share in the life of Jesus every Mass we attend. He gives us life every day to love and to do His will, His way. When we read the Bible we find Jesus everywhere and we are enthused because He is our Life, our Hope, and our **daily** Savior.

9. The Eucharist is **thanksgiving**: *We are thankful for Jesus dying to set us free from our sins and addictions etc.* Jesus said He was thankful (Eucharist) to share this meal with His disciples before He suffered. What are you thankful for?

10. **Spiritual food**- the Eucharist feeds our souls as food feeds our bodies. We feel uplifted, freed from our burdens, fears etc. when we go to the Eucharist.

11. The Eucharist is **healing**. We can be physically healed, emotionally healed, healed in our relationships and memories. Jesus the healer continues today to heal us spiritually, psychologically etc just as He healed people in the days when he was physically on earth. "Lord, I am not worthy, but only say the Word and I shall be healed."

12. The Eucharist is **the touch of Jesus**, humans need to touch and be touched. When we receive the Eucharist, we touch the very body of Jesus and He touches our bodies, our souls and spirits.