

August 2017

He who eats this bread will live forever" (John 6:58)

Reflection:

The night before his death, entering into a new covenant, Jesus shared bread and wine with his disciples and said "take, eat; this is my body; ... drink from it, for this is my blood"(Mat 26:26-28). Instituting the Eucharist and the Priesthood He said "...do this in remembrance of me"(Lk. 22:19).

Eucharist is the source from where we receive abundant life and grace. Jesus said, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you" (Jn.6:53). Eucharist is the greatest of all sacraments. All other sacraments orient us towards it.

Just as man and woman unite to become one flesh in the sacrament of marriage, Jesus unites with his bride the Church in a one-flesh union. This union is the Eucharist. Jesus instituted the Holy Eucharist in order to unite with us in the most intimate way possible. Jesus said "Whoever eats My flesh and drinks My blood remains in Me, and I in him"(Jn.6:56). This is why Holy Eucharist is also called the Holy Communion.



Holy Eucharist is the highest worship man could render to God. It is the celebration of the Holy Eucharist Jesus was referring to when he said, "true worshippers will worship in truth and spirit". In true worship, we offer not bulls or goats but ourselves to God. Eucharist is the true worship where we offer our bodies as a living sacrifice holy and acceptable to God as Christ offers His. Every Eucharist calls us to imitate Christ and become like Him. We are called to become what we hear, eat and celebrate. And at the end of every Holy Mass we are sent out to live the Eucharistic life.

Eucharist points us to our eternal union with Christ "the marriage supper of the lamb" as the book of Revelation calls it. The union with Christ we experience now in the Holy Eucharist will become more real in heaven. We will see God face to face and know Him just as He knows us. Eucharist is the foretaste of this eternal bliss we await. This is why Eucharist is called the source and summit of Christian life. The 'source' because it is the very source a Christian draws his strength from. 'Summit' because it is the culmination of the worship we offer to God.

As a Jesus Youth, I may be a regular communicant. But what is driving me to the Holy Eucharist? Is it a sense of duty or the habit? Let the love and gratitude I feel deep within and the desire I have for a deeper communion with God draw me ever closer to this immeasurable Holy Sacrifice. Holy Eucharist is the greatest expression of God's love for me. And my participation in it becomes the greatest expression of my love for God.

Saint's Quote:

"If angels could be jealous of men, they would be so for one reason: Holy Communion." St. Maximilian Kolbe

To Do:

Take time to prepare for Mass. Have something to offer. Count on Jesus's worthiness rather than yours. Allow the Eucharist to change you so as to become a loving sacrifice to others.

