

# “THIS IS MY BODY”

## MARK 14:22

## QUOTES ON THE TRUE PRESENCE OF CHRIST IN THE EUCHARIST

“If anyone eats this bread he shall live forever; the bread I will give is my flesh” - John 6:51

“And know that I am with you always, until the end of the world!” - Matthew 28:20

His Body! Whom am I to believe? I prefer to believe in Jesus Christ - Blessed Dominic Barberi

Holy Eucharist is the sacrament in which Jesus Christ gives his body and blood – himself – for us, so that we too might give ourselves to him in love and be united with him in Holy Communion. In this way we are joined with the one Body of Christ, the Church. - YouCat 208

Do not, therefore, regard the bread and wine as simply that, for they are, according to the Master’s declaration, the Body and Blood of Christ. Even though the senses suggest to you the other, let faith make you firm.”  
- St. Cyril of Jerusalem

The mode of Christ’s presence under the Eucharistic species is unique. It raises the Eucharist above all the sacraments as “the perfection of the spiritual life and the end to which all the sacraments tend. In the most blessed sacrament of the Eucharist “the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained. This presence is called ‘real’ — by which is not intended to exclude the other types of presence as if they could not be ‘real’ too, but because it is presence in the fullest sense: that is to say, it is a substantial presence by which Christ, God and man, makes himself wholly and entirely present.” CCC 1374

“Formerly there was baptism in an obscure way, now, however,

in full view, there is regeneration in water and in the Holy Spirit. Formerly, in an obscure way, there was manna for food; now, however, in full view, there is the true food, the flesh of the Word of

God, as he himself says: ‘My flesh is true food, and my blood is true drink’ [John 6:56] (Homilies on Numbers 7:2 [A.D.248]).  
-Origen

“They devoted themselves to the apostles’ instruction and the communal life, to the breaking of bread and the prayers” - Acts 2:42

I have no taste for corruptible food nor for the pleasures of this life. I desire the bread of God, which is the flesh of Jesus Christ, who was of the seed of David; and for drink I desire his blood, which is love incorruptible.”  
– St. Ignatius of Antioch

The Council of Trent summarizes the Catholic faith by declaring: “Because Christ our Redeemer said

that it was truly his body that he was offering under the species of bread, it has always been the conviction of the Church of God, and this holy Council now declares again, that by the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood. This change the holy Catholic Church has fittingly and properly called transubstantiation.” CCC 1376

Jesus Christ said over the consecrated elements, ‘This is My Body. ‘You say, ‘No. It is not