



Jesus is the Bread of Life

What about that other part of Mass? The Liturgy of the Eucharist. How does Jesus give us what we need during the Liturgy of the Eucharist?

Read Scripture Together: Luke 22: 19-20

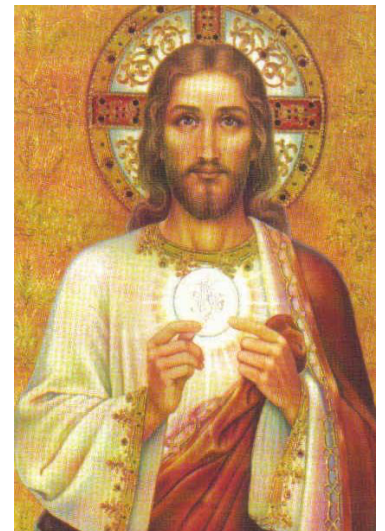
At the Last Supper and in every Eucharist, Jesus gives his whole self to us. The bread **IS** his body and the wine **IS** his blood. God loves us so much that he sent his only Son in the form of human flesh to live among us, to teach us, and to die for us. Even though Jesus never sinned, he still died on the Cross for each one of us. Isn't that the most incredible, loving, unselfish thing ever? He must really love us! At the Last Supper, Jesus told us to remember and share in the sacrifice he made for us which is why we celebrate the Eucharist every week.

Something very wonderful happens at the part of the Mass called the **Consecration**. The priest calls the Holy Spirit to come down upon the bread and wine so that they can become the Body and Blood of Jesus. What were once bread and wine have become really and truly the Body, Blood, Soul, and Divinity of Jesus. The word for this is **transubstantiation**. What looks like bread and wine and still tastes like bread and wine is now Jesus really present with us - we call this **Real Presence**. It is a mystery that can be hard to understand, but we know it is true because Jesus, who we know cannot lie, says it is true.

Read Scripture Together: John 6: 52-57

When we receive the Eucharist, we are doing what Jesus told his apostles and followers to do all those years ago, and we become present with Jesus as he gathers with his loved ones at the Last Supper, as he carries his Cross, as he lays down his life for us, and at his rising from the dead on Easter Sunday. And he is totally present with us in his Body, Blood, Soul and Divinity. We are with Jesus, and we offer ourselves - our joys, sadness, questions and prayers - to the Father in Heaven through the Holy Spirit.

Heaven and earth come together in this wonderful celebration. The angels and saints give all their love to Jesus and worship at the altar with us. The Church, the family of God, prays with the Holy Spirit for each member of the family and all the people of the world. Wow - that's truly amazing!



Each week at Mass, when we gather around the table of the Lord in celebration of the mystery of Jesus' life, death, and resurrection, we share a sacred (holy/special) meal. At this table, we know that we belong and that we are loved. We know that we will be fed by Jesus himself. Jesus knows what we need just like he knew what the people long ago needed. And just as he taught them and fed them, he does the same for us every time we come for Mass. *Pretty awesome!!!*

