Is It Really You?

One of the most important tenets of the Catholic faith is the Doctrine of the Real Presence of Christ in the Eucharist. What does this actually mean?

Let’s go back to the very beginning of the Eucharist – the Last Supper. It was in the Upper Room in Jerusalem, earlier on the night that Christ was betrayed by Judas Iscariot, where he was eating the Seder meal (Passover Meal) with the Apostles, where Christ took bread and wine, gave thanks to the Father and gave it to His disciples saying, “This is my body.” and “This is my blood.” This was the institution of the Eucharist. He also said, “This is my body, which will be given for you; do this in memory of me.” (Luke 22:19), which commanded the apostles to continue the Eucharistic feast as a replacement for the Passover feast.

So, what about this would cause Catholics to believe in the Real Presence as a Doctrine of the Faith? Simple – Throughout scripture, we see where God the Father or Jesus speaks and reality is changed. In Genesis 1:3, God says, “Let there be light, and there was light”. Reality, as we know it, came into existence at that moment. John’s gospel clearly tells us of the power of God’s Word:

“In the beginning was the Word, and the Word was with God, and the Word was God.”

John also tells us of the power of Jesus:

“He was in the beginning with God. All things came to be through him, and without him nothing came to be.”

We know that Jesus is the “Word made Flesh”. That He the Son, the second person of the Trinity, was with God the Father from the beginning and everything came into being through Him. Simon was changed from a mere fisherman to Peter, the head of the apostles, at the word of Jesus. After the ascension, Saul, the chief persecutor of those who followed The Way (later known as Christians), was blinded during a vision with Christ and later was transformed into Paul, Apostle to the Gentiles and author of a majority of the New Testament…at the Word of Jesus.

Given these transformations, and many others throughout the Holy Scriptures, it shouldn’t strike us odd that Jesus, who imparted the abilities of Healing, Exorcism and Resurrection to His disciples could, and did, impart to them the ability to transubstantiate simple bread and water into His most precious Body, Blood, Soul and Divinity.

Wait a minute – that’s a $50 word – Transubstantiate. Here’s an easy way to understand it: Every physical item in the universe has two properties – Form and Substance. What it looks like and what it’s made of. A painting or a sculpture can be incredibly realistic – even 3-dimensional – but, no matter its Form, its Substance remains the same. Marble, clay or wood for a sculpture and canvas, tints, and texture for paintings. We, as humans, can change the Form of things – Transform them – but the Substance remains. Only God can take something, say simple bread and wine, and leave their Form as it is, but change the actual Substance – Transubstantiate them – into the Body and Blood of Christ. The Eucharist retains the Form of bread and wine – look, feel, and taste – but has had its substance miraculously changed to the Body, Blood, Soul and Divinity of our Lord, Jesus Christ.

## So, this is a great theory, but is there any evidence that it’s really true? In a word, YES! Do a simple search on Amazon for “Eucharistic Miracles” and you’ll be amazed at the results. One that is FREE on Kindle, by Father Antony Netikat is titled: “100 Eucharistic Miracles: Proved by Science – Approved by the Church”. Another is ”[A Cardiologist Examines Jesus: The Stunning Science Behind Eucharistic Miracles](https://www.amazon.com/Cardiologist-Examines-Jesus-Stunning-Eucharistic/dp/1644134772/ref=sr_1_4?crid=MLGZPR6JGXZK&keywords=eucharistic+miracles&qid=1688328617&sprefix=eucharistic+miracles%2Caps%2C110&sr=8-4)” by Dr. Franco Serafini. These are modern, real-world examples of Eucharistic Miracles taking place or being proven in the 20th and 21st centuries…testing performed by scientists using modern technology.

## Lastly, as Catholics we have access to the full deposit of Faith – Holy Scripture, Holy Tradition and the teachings of Saints and Mystics throughout the ages. It was not by accident that one of our most recent and beloved saints – Pope Saint John Paul II – stated the Eucharist, the Body and Blood of Christ, is both the Source and the Summit of the Catholic Faith.