

# Living the Truth: Chapter 46

## The Eucharist

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# Outline

## 1 The Eucharist

- Looking at the Bible
- Looking at History
- Going in depth
- Outcomes

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- How the Jews understood it.
- How Christ approved of their interpretation.
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- Early Documents.
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# How He Becomes Present

- Substance and accident.
- Kinds of change:
  - accidents change, substance remains;
  - substance changes (form changes, matter remains);
  - transubstantiation (form and matter change).
- Why transubstantiation is unique.

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# Consequences

- The accidents of bread and wine remain.
- Body and Blood separated sacramentally.
- Whole Christ under either species.
  - concomitance
- Christ present with His natural dimensions.
- Christ present in every part of the Host.

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# Definition of Trent

*"If anyone says that the Body and Blood together with His whole Divinity of our Lord Jesus Christ and, therefore the whole Christ, is truly, really and substantially contained in the Sacrament of the Most Holy Eucharist, but says that Christ is present in the Sacrament only as in a sign or figure or by His power, let him be anathema." (Session 13, can.1)*

# Its Worthy Reception

- Baptised.
- Grace.
- Fasting.
- Exceptions to the Fast.

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# Its Effects

- Union with Christ.
- Union with fellowmen.
- Increase of grace.
- Increase of charity.
- Increase of gifts.
- Supernatural nourishment.
- Assimilation to Christ.
- Integrity.
- Privilege of acting as host to God.
- Glorious resurrection.

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Points for prayer after Communion:

- **A** Adore
- **L** Love
- **T** Thank
- **A** Ask
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# Practical Conclusions.

- I should receive Communion very often — daily if I can.
- I should make a good preparation and thanksgiving.
- I should try to visit Our Lord in the Eucharist every day.
- I should never miss Benediction when I can be present at it.
- I should practise the devotion to the Eucharistic Heart of Christ.

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