

Bible Stories about the SECRET of the Eucharist

The Eucharist is spiritual food that gives life to our souls. It is the heart of the Catholic spiritual life. Without it, our souls are dead.

Jesus, who is fully God and fully man, set up the Eucharist *on purpose* as the way that He wanted to remain with us always.

The Church didn't make this up. Jesus clearly taught His followers what the Eucharist would mean, and then His last action with them was to show them exactly how to do it. His miracles prove the truth of His words.

If we don't believe Jesus on this point, why do we believe Him on anything? He was very clear.

You will read three stories which will cover Jesus' miracle of the Five Loaves and Two Fishes, which prove the truth of His words, the second story teaches what the Eucharist would mean and the third story of Jesus teaching us how to celebrate the Eucharist.

Why do we need this spiritual food? Because we have sinned, and continue to live in a sinful and broken world; this is the spiritual food that will get us to Heaven.

Discuss together, what would happen to your body if you stopped eating food? What happens to our souls when we stay away from the Eucharist?

It takes the "eyes of faith" to see Jesus present in the Holy Communion. Our bodily senses can't detect Him, but our soul can!

Our first story is a MIRACLE story.

“A reading from the Holy Gospel according to St. John.” (Chapter 6)

After this, Jesus went across the Sea of Galilee [of Tiberias]. A large crowd followed him, because they saw the signs he was performing on the sick. Jesus went up on the mountain, and there he sat down with his disciples. The Jewish feast of Passover was near. When Jesus raised his eyes and saw that a large crowd was coming to him, he said to Philip, “Where can we buy enough food for them to eat?” He said this to test him, because he himself knew what he was going to do. Philip answered him, “Two hundred days’ wages worth of food would not be enough for each of them to have a little [bit]. One of his disciples, Andrew, the brother of Simon Peter, said to him, “There is a boy here who has five barley loaves and two fish; but what good are these for so many?” Jesus said, “Have the people recline.” Now there was a great deal of grass in that place. So the men reclined, about five thousand in number. Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining, and also as much of the fish as they wanted. When they had had their fill, he said to his disciples, “Gather the fragments left over, so that nothing will be wasted.” So they collected them, and filled twelve wicker baskets with fragments from the five barley loaves that had been more than they could eat. When the people saw the sign he had done, they said, “This is truly the Prophet, the one who is to come into the world.” Since Jesus knew that they were going to come and carry him off to make him king, he withdrew again to the mountain alone.

Our second story happened the next day.

Our second story is a TEACHING story. Jesus taught the crowd what the miracle yesterday had meant.

A reading from the Gospel according to St. John:

The next day, [...] Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst. [...] For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him [on] the last day." The Jews murmured about him because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets: 'They shall all be taught by God.' Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us [his] flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever." These things he said while teaching in the synagogue in Capernaum. Then many

of his disciples who were listening said, "This saying is hard; who can accept it?" Since Jesus knew that his disciples were murmuring about this, he said to them, "Does this shock you? What if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are spirit and life. But there are some of you who do not believe." Jesus knew from the beginning the ones who would not believe and the one who would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted him by my Father." As a result of this, many [of] his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, "Do you also want to leave?" Simon Peter answered him, "Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God."

Jesus had JUST done a miracle for people, feeding them with the bread. They knew that they could trust Him to help them. Jesus used a miracle with physical bread to help people understand his teaching about spiritual bread. When we eat this bread we have eternal life (Heaven). Some people think this teaching is just a symbol. Jesus' disciples didn't totally understand what Jesus was talking about, but they stayed because they knew that staying close to Jesus is always the way to grow in faith, even when we have doubts.

Our third story is a SACRAMENTAL story. On the Night before He died, Jesus gave us the gift of Holy Communion for the first time!

A reading from the Holy Gospel according to Luke:

When the hour came, he took his place at table with the apostles. He said to them, "I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it [again] until there is fulfillment in the kingdom of God." Then he took a cup, gave thanks, and said, "Take this and share it among yourselves; for I tell you [that] from this time on I shall not drink of the fruit of the vine until the kingdom of God comes." Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me." And likewise the cup after they had eaten, saying, "This cup is the new covenant in my blood, which will be shed for you."

Jesus wants us to celebrate Mass in memory of Him! He gives us this gift of Himself and this is what we celebrate at every Mass! Instead of only coming to Mass one or two times a year, you should WANT to be at Mass to receive Jesus EVERY week!

Now head over to the Google Form to continue.