

**“I am the bread of life”**

John 6:35

**What are the blessings that we  
receive when we partake of the  
Lord's Body and Blood?**

# 1. It is the Bread of Life (1)

- “I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh” *John 6:51*
- “Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you” *John 6:53*

# 1. It is the Bread of Life <sup>(2)</sup>

- “Now when he had come up, had broken bread and eaten, and talked a long while, even till daybreak, he departed. And they brought the young man in alive” *Acts 20:11*

## 2. Purification

(1)

- “Make us all worthy, O our Master to partake of Your Holies, unto the purification of our souls, bodies, and spirits” *Liturgy of St. Basil*

## 2. Purification

(2)

- "For as the bread, which is produced from the earth, when it receives the invocation of God, is no longer common bread, but Eucharist, consisting of two realities, earthly and heavenly; so also our bodies, when they receive the Eucharist, are no longer corruptible, having the hope of the resurrection to eternity" (Against Heresies, Book 4, Ch XVIII)"

***St. Irenaeus (AD 120-202)***

### 3. Unity with one another and with the saints

- “Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God”  
*Ephesians 2:19*
- “...that we may become one body and one spirit, and may have a share and inheritance with all the saints who have pleased since the beginning” *Liturgy of St. Basil*

# 4. Enlightenment

- “having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone, in whom the whole building, being fitted together, grows into a holy temple in the Lord” *Ephesians 2:20-21*
- “Now it came to pass, as He sat at the table with them, that He took bread, blessed and broke *it*, and gave it to them. Then their eyes were opened and they knew Him” *Luke 24:30-31*



# 5. Spiritual Growth

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2. Purification
3. Unity with one another and with the saints
4. Enlightenment
5. Spiritual Growth