

**“I am the bread which
came down from
heaven.”**

John 6:41

**Why do we believe that
the bread and the wine
change to become the
true Body and the
precious Blood of the
Lord?**

1. Because the Lord told us so...

- “For My flesh is food indeed, and My blood is drink indeed.” John 6:55

2. He confirmed the meaning at the Last Supper

- “And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, “Take, eat; this is My body.” Then He took the cup, and gave thanks, and gave it to them, saying, “Drink from it, all of you. For this is My blood of the new covenant.”
(Matthew 26:26-28)

3. The Jews, too, understood the meaning literally⁽¹⁾

- “The Jews then complained about Him, because He said, “I am the bread which came down from heaven” (John 6:41)
- The Jews therefore quarreled among themselves, saying, “How can this Man give us His flesh to eat?” (John 6:52)

3. The Jews understood the meaning literally also (2)

- “Therefore many of His disciples, when they heard this, said, “This is a hard saying; who can understand it?”

(John 6:60)

- “From that time many of His disciples went back and walked with Him no more”

(John 6:66)

4. St. Paul spoke about how we should eat of It

- “But let a man examine himself, and so let him eat of the bread and drink of the cup” (1 Corinthians 11:28)

5. The terrible consequences of eating from It unworthily

- “Therefore whoever eats this bread and drink this cup of the Lord in an unworthy manner will be guilty of the body and the blood of the Lord”

(1 Corinthians 11:27)

6. The Church teaches us so...

- Let us submit to God in all things and not contradict Him, even if what He says seems contrary to our reason and intellect; rather let His words prevail over our reason and intellect. Let us act in this way with regard to the (Eucharistic) mysteries, looking not only at what falls under our senses but holding on to His words. For His word cannot lead us astray. . . .

6. The Church teaches us so...

- When the word says, "This is My Body", **be convinced of it and believe it, and look at it with the eyes of the mind.** . . . How many now say, "I wish I could see His shape, His appearance, His garments, His sandals."
Only look! You see Him! You touch Him! You eat Him!

--St. John Chrysostom

6. The Church teaches us so...

- The liturgy we pray tells us the same fact.
- Facts of faith are handed from generation to generation. They are not discoveries or inventions.