

The Lord's Supper

“This is My body.” What if He meant it?

In short. Jesus said the bread He gives is His flesh, and many walked away rather than accept it.¹ The Church teaches Christ is truly, really and substantially present in the Eucharist.²

Key points

- Christ is present truly, really and substantially in the Eucharist.²
- The Church calls the change transubstantiation.³
- The Eucharist makes present Christ's one sacrifice.⁴

Try this, this week

1. **Read John 6:48–69.** Watch who leaves and who stays.
2. **Read 1 Corinthians 11:23–29.**
3. **Read the Case page** on what the first Christians believed.

“I am the living bread which came down out of heaven. If anyone eats of this bread, he will live forever. Yes, the bread which I will give for the life of the world is my flesh.”

John 6:51, World English Bible

Common questions

Remember: If it were only a symbol, John 6 was the moment to say so.

Sources

1. John 6:51 (World English Bible)
2. CCC 1374
3. CCC 1376
4. CCC 1366

Quotation above: John 6:51, World English Bible. Catechism: official text on vatican.va.

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