

## Scripture Reading

### A Reading from the Gospel according to Matthew (*Matthew 26:26-28*)

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to His disciples said, "Take and eat; this is My Body." Then He took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is My Blood of the covenant, which will be shed on behalf of many for the forgiveness of sins." The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

### Reflection - O Sacrament Most Holy, the Wondrous Gift of God Himself

#### At the Last Supper Jesus said to them, "*I have eagerly desired to eat this Passover with you before I suffer.*" (*Luke 22:15*).

Jesus foreknew of His impending cruel death on the Cross of Calvary. However, instead of focusing on the terrible suffering that awaited Him, Jesus placed the welfare of the people He came to save first. *Before the feast of Passover, Jesus knew that His hour had come to pass from this world to the Father. He loved His own in the world and He loved them to the end (John 13:1).* Yes, Jesus proved that He loved us right to the end. More than mere sentimentality at the last opportunity of being together, Jesus' eagerness to eat this Passover is because of His great desire to institute the Sacrament of the Holy Eucharist and the ministry of the priesthood through which is perpetuated His Sacrifice on Calvary till He comes again in glory.

**The Eucharist is "the source and summit of the Christian life" (CCC 1324).** The Holy Eucharist is raised above all the other Sacraments because in it is the Real Presence of Christ Himself: His Body, Blood, Soul and Divinity (cf. CCC 1374). In other words, the same Jesus that walked the shores of the Sea of Galilee is the same Jesus we can find in the Eucharistic species (consecrated Bread and Wine). How deep our Catholic faith is depends on how deeply we believe in the Real Presence of Christ in the Eucharist. The depth of our faith in the Real Presence of Christ in the Eucharist will determine our love of and devotion to the Holy Eucharist. Pope St John Paul II said: *The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this Sacrament of Love. Let us not refuse the time to go to meet Him in Adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our Adoration never cease (John Paul II, Dominicae cenae, 3).* Yet, so few Catholics really take the efforts and time to reverence the Lord in this wondrous Sacrament of Love! How poor our response to God's great gesture of love and sacrifice in giving us this Sacrament!

**The actions of Jesus at the Last Supper enable us to be "present" at and unite ourselves to His Supreme Sacrifice on Calvary, and enable it to be perpetuated till He comes again in glory.** The Catechism of the Catholic Church teaches us that the Mass is a memorial of Christ's Sacrifice on Calvary and re-presents (i.e. presents again) this same one Sacrifice to God the Father albeit in a sacramental, non-bloody way (cf. CCC 1362-1367). During Mass, at Consecration, the bread is transformed by the power of the Holy Spirit into the Body of Christ, and the wine into the Blood of Christ. This process is called transubstantiation. **In 1551, the Council of Trent confirmed the doctrine of transubstantiation as a Catholic dogma.** Thus, when we attend Mass, it is like we are standing at the foot of the Cross when Jesus died on Calvary because the Mass and the Sacrifice on Calvary is the one same Sacrifice offered by Christ to God the Father once and for all. Receiving Holy Communion is receiving the whole Christ –Body, Blood, Soul and Divinity - into our heart and soul. It is the most solemn and privileged moment of the entire day!

**The spiritual danger of not receiving Holy Communion worthily.** St Paul warns us solemnly that if we do not receive Holy Communion worthily, we bring condemnation on ourselves (cf. 1 Corinthians 11: 27-29). Thus, the Catechism of the Council of Trent (*De Euch.*, v.i) declares: "*As of all the sacred mysteries...none can compare with the ... Eucharist, so likewise for no crime is there heavier punishment to be feared from God than for the unholy or irreligious use by the faithful of that which .. contains the very Author and Source of holiness.*" St Cyril wrote: They make a sacrilegious Communion receive Satan and Jesus Christ into their hearts – Satan, that they may let him rule, and Jesus Christ, that they may offer Him in sacrifice as a Victim to Satan.! What a horrifying thing to do!

**Conversation with Jesus:** Precious Lord, pure, unselfish love is the only reason You give Yourself to us in the Most Blessed Eucharist. You made Yourself present in consecrated Bread and Wine so that any soul can come and approach You to beg for help, graces and mercy without fear or difficulty. With all my heart united to the Immaculate Heart of Mary, I pray for the day when the following will cease: Masses half-heartedly attended, Communions made in a state of tepidity or sacrilegiously, indifference and dishonor to Your Sacrament of Love. Please transform the coldness and indifference to this Sacrament of Love into ardent love. Mary, Mother of the Blessed Sacrament, give to all your poor children your ardent love for our Eucharistic Lord. Thank You, Jesus. Praise You, Jesus. [www.twohearts.hk](http://www.twohearts.hk)