



Scripture Nugget – The Most Blessed Sacrament

For as often as you eat this Bread and drink the Cup, you proclaim the Death of the Lord until He comes. Therefore whoever eats the Bread or drinks the Cup of the Lord unworthily will have to answer for the Body and Blood of the Lord. A person should examine himself, and so eat the Bread and drink the Cup. For anyone who eats and drinks without discerning the Body, eats and drinks judgment on himself. That is why many among you are ill and infirm, and a considerable number are dying (1 Corinthians 11:26-30). The Word of the Lord. R. Thanks be to God.

The fulfillment of a loving promise and the pledge of future glory. When Jesus instituted the Holy Eucharist at the Last Supper, He gave us a memorial of His Passover, established the priesthood, perpetuated His one and only supreme Sacrifice on Calvary for the forgiveness of sins of the past, present and future, provided extraordinary, heavenly bread for our souls on our earthly pilgrimage, fulfilled in a most wondrous way His promise to be with us till the end of time (cf. Matthew 28:20) and gave us the pledge of sharing His glory! (cf. CCC 1402). Christ's institution of the Eucharist is another of God's mighty deeds, to the praise of the generosity of His grace!

How Holy Communion transforms us. *The principal fruit of receiving the Eucharist in Holy Communion is an intimate union with Jesus. Indeed, the Lord said: "He who eats My Flesh and drinks My Blood abides in Me, and I in him." (CCC 1391).* Thus, the communicant becomes more Christ-like, strengthened in virtues especially faith, hope and charity and protected from unruly passions. In receiving Holy Communion, the venial (not mortal) sins of the communicant are remitted and he/she is preserved from mortal sins as this sacrament strengthens the bond of love between the communicant and Christ (cf. CCC 1416). Holy Communion preserves, increases, and renews the communicant's life of grace, received at Baptism, (cf. CCC 1392) diminished by sins.

The very grave sin of receiving Holy Communion in a careless, unworthy way. Holy Communion must be received only when one is in the state of grace. If one receives Holy Communion with a mortal sin in the soul not forgiven through Confession, one commits a most grave sin of sacrilege which Jesus said to St. Bridget: *"There does not exist on earth a penalty great enough to punish it sufficiently."* St Cyril wrote bluntly: *"They who 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"!!* The Catechism of the Council of Trent (De Euch., v.i) declares: *"As of all the sacred mysteries ... none can compare with ... Eucharist, so likewise for no crime is there heavier punishment to be feared from God than the unholy or irreligious use by the faithful of that which ... contains the very Author and Source of holiness."* Thus, St Paul provides us with a stern warning to always receive Holy Communion in a worthy manner (1 Cor. 11:26-30).

Conversation with Jesus: Precious Lord, thank You for the great gift of Yourself in the Holy Eucharist. How strong my Catholic faith is depends on the strength of my belief in Your Real Presence in the Holy Eucharist. Mightily increase my faith so that I will always cherish with great love and reverence Your Real Presence in this Most Blessed Sacrament. May every Mass I attend, every Communion I receive and every Holy Hour of Adoration I make increase mightily my love for You, Jesus, my Eucharistic Lord. Mary, Mother of the Most Blessed Sacrament, pray for me. Thank You, Jesus. Praise You, Jesus.