

Scripture Reading

A Reading of the Gospel According to St Matthew (*Matthew 26:26-28*)

While they were eating, Jesus took bread, and when He had given thanks, He broke it and gave it to His disciples, saying, "Take and eat; this is My Body." Then He took a chalice, and when He had given thanks, He gave it to them, saying, "Drink from it, all of you. This is My Blood of the covenant, which is poured out for many for the forgiveness of sins." The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

Reflection ~ The Eucharist is Jesus, true Man and true God

Below are some extracts from the works of Fr. Vincent Martin Lucia ("Come to Me in the Blessed Sacrament" by Fr. Vincent Martin Lucia, and Fr. John A Hardon, S.J. (<http://www.therealpresence.org/archives/Eucharist.htm>).

You may discover that nowhere on earth are you more loved than by Jesus, living and truly present in the Most Blessed Sacrament. **The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth.** Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven, and will help bring an everlasting peace on earth. (Mother Teresa on pg 23 of Fr. Lucia's book).

When you look at the crucifix you understand how much Jesus loved you. When you look at the Sacred Host you understand how much Jesus loves you NOW. This is why you should ask your parish priest to have perpetual adoration in your parish. Even if he cannot begin perpetual adoration immediately, start at least with a holy hour once a week, I beg the Blessed Mother to touch the hearts of all parish priests that they may have perpetual Eucharistic Adoration in their parishes, and that it may spread throughout the entire world! (Mother Teresa on pg 23-24 of Fr. Lucia's book).

If you ever doubt how much He loves you, all you have to do is think of this:

He wants you to know that Good Friday follows Holy Thursday because Good Friday is the price Jesus willingly and lovingly paid to give us the complete gift of Himself in the Eucharist. The Eucharist flows from Our Lord's Passion and is the sweet fruit of all His suffering for like wheat which is beaten, broken and crushed before it becomes bread, Jesus was willing to be beaten, broken and crushed in His Passion that He may become for us the "Living Bread come down from heaven", for He said "The bread I will give is My flesh for the life of the world" (John 6:51). Through His terrible death on the Cross, we have everlasting, immortal, divine life in Him through the Eucharist. (Fr. Lucia on pg 32-33 of his book).

Eucharist means thanksgiving to emphasize the attitude we should have. Eucharistic adoration is thanksgiving for our last celebration (Mass) and preparation for the next Eucharist (Mass) as Jesus inspires us to live the Eucharist in the whole of our life, so that through Him, with Him, and in Him, in the unity of the Holy Spirit, we may live His attitude in our everyday life which is to seek first His Father's will, His Father's pleasure, His Father's glory. (Fr. Lucia on pg 33 of his book).

Faith in the Eucharist is the barometer of our Catholic faith. It is the test of our Catholicism. We believe in any revealed truth of our faith only as intelligently, only as entirely, only as clearly, only as firmly, only as constantly, only as courageously, as we believe in the Holy Eucharist. Understanding the Eucharist is the greatest need of the Church today. Not to understand what we are supposed to believe is to invite the evil spirit to rob us of the faith we once possessed. In the parable of the Sower, the seeds falling on the pathway are those who receive the Word of God into their hearts but fail to understand it. So what happens? Like the birds of the air that pick up the loose seed from the hard pathway, the devil steals the word of God from the hearts of those who do not understand what God has revealed to them. (Fr. John A. Hardon).

Conversation with Jesus

Precious Lord, all thanksgiving to You for continuing to empty Yourself in humility in this Sacrament. Give us Your poor sinners the Spirit of Adoration so that we can adore You worthily in our Eucharistic Celebration, receive You worthily during Holy Communion, and visit and adore You ardently in Sacrament of Presence. Let Your Spirit of Truth teach us so that we can gain a deeper understanding of the Eucharist in which You are truly present. May this deeper understanding change the attitudes of our heart so that we can be in true union with You in always first seeking the will of the Father, the pleasure of the Father and the glory of the Father in our every thought, word or action. Mary, Mother of the Blessed Sacrament, pray for us. Thank You Jesus. Praise You Jesus. www.twohearts.hk