



Scripture nugget – Christ prepared His Disciples for His Gift of the Eucharist

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 (Matthew 26:26-28).

Preceding the Last Supper, Christ performed two important miracles to show the disciples that He has the divine power to transform ordinary bread and wine into His own Body and Blood. All of Christ's signs and miracles attested to His divine power. However, we can reasonably conclude that the two miracles just before the Last Supper were the most illuminating of Christ's divine power: the multiplication of the loaves and fishes, and Christ's walking on the water and calming the wind. The multiplication of the loaves is the only miracle besides that of the Resurrection that is recorded in all four Gospels. Jesus gave thanks to the Heavenly Father, broke the bread, gave it to His disciples who gave it to the people. Out of a few loaves and a couple of fishes, thousands of people were fed and had more than enough with many baskets of left overs collected, a sure sign of God's generosity! This feeding of the thousands of hungry people is a prefigure of the Eucharist, the Bread of Life from heaven that would feed billions of souls in time and eternity.

After they got into the boat, the wind died down. Those who were in the boat did Him homage, saying, "Truly, You are the Son of God." (Matthew 14:32-33). After Jesus walked on the stormy waters and calmed the wind, the disciples had no hesitation in acknowledging Christ as Son of God and worshipped Him because they knew that no man can control the elements of the weather. On the following day, in the Bread of Life discourse Jesus revealed to His disciples that He is the Bread of Life (cf. John 6:35). *Whoever eats My Flesh and drinks My Blood has eternal life, and I will raise him on the last day. For My Flesh is true food, and My Blood is true drink (John 6:54-55).* Thus, with the two preceding important miracles and the following Discourse on the Bread of Life, Jesus prepared the hearts of His disciples for the miracle of the transubstantiation when He would change the bread into His Flesh and the wine into His Blood. Jesus promised to give His disciples His own Flesh and Blood to nourish the divine life in them. This wondrous promise was fulfilled at the Last Supper. We note that Christ transformed the bread and wine into His own Body and Blood separately and offered it up to God the Father separately, signifying the separation of His Blood from His Body, an expression of His Death on the next day on which Jesus sacrificed on Calvary His broken Body to God the Father on our behalf in atonement of our sins.

Conversation with Jesus: Precious Lord, You are truly and completely present in the Holy Eucharist just as You were when You walked the shores of the Sea of Galilee two thousand years ago. Out of great love for us, You gave us this great Gift as a memorial of Your Passion, Sacrament of Sacrifice and thanksgiving (holy Mass), spiritual food for our souls (Holy Communion), and Real Presence in our midst! I pray all souls will show their gratitude and love for the Eucharist by attending Mass worthily, receiving Holy Communion always in a state of grace, and always find their time to adore You in the Blessed Sacrament so that Your Real Presence in the Eucharist will never be forgotten. May our hearts be set on fire with love for You as Yours is on fire for us! Mary, Mother of the Blessed Sacrament, pray for us. Thank You, Jesus. Praise You, Jesus.