



**Scripture nugget – The Lord upholds the truths of the Holy Eucharist, and so should we**

*I am the Living Bread that came down from heaven; whoever eats this Bread will live forever; and the Bread that I will give is My Flesh for the life of the world.” The Jews quarreled among themselves, saying, “How can this Man give us [His] Flesh to eat?” Jesus said to them, “Amen, amen, I say to you, unless you eat the Flesh of the Son of Man and drink His Blood, you do not have life within you. Whoever eats My Flesh and drinks My Blood has eternal life, and I will raise him on the last day (John 6: 51-54).*

**Jesus prepares the hearts and minds of His disciples for the wondrous, undeserved Gift of gifts – the Holy Eucharist.** God in His indefinite wisdom knows that the disciples would need great faith in order to accept the truths of the Holy Eucharist. The two miracles preceding the Last Supper and the Discourse on the Bread of Life (the latter as recorded in John Chapter 6) are instrumental in preparing the hearts and minds of Christ’s disciples. The first one is the multiplication of a few loaves and fishes to feed thousands of men, women and children. This is a miracle in which Christ brought forth something out of nothing, proving His divinity. Detractors of the faith made a feeble attempt at denigrating this act of God by suggesting that the people got fed by merely sharing! They failed to understand the significance of the 12 wicker baskets of left-overs, and the fact that the people were on the lookout for Christ for more “free” food the next day. The second miracle preceding the Last Supper was Christ walking on choppy waters on the evening of the day when the multiplication of bread and fish was performed. In this incident, Christ proved Himself to be in command of the elements, something that only God can do. The disciples recognized His divinity with a confession of faith in Christ as God and worshipped Him (cf. Matthew 14:33).

**Jesus upholds the truths of the Holy Eucharist despite incredulity and rejection.** The following day, at Capernaum, Jesus revealed to His disciples that He is the Bread of Life (cf. John 6:35). He promised to give His disciples His own Flesh and Blood so that they can have divine life in them. When some disciples protested against this teaching, Jesus reiterated the truths of the Holy Eucharist (cf. John 6:52-54). As a result, some disciples left Jesus (cf. John 6:66). However, Jesus did not call the disbelieving disciples to come back, nor did He water down the truths of the Holy Eucharist but instead turned to the Apostles, asking them whether they also wanted to leave (cf. John 6:67). *Simon Peter answered Him, “Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that You are the Holy One of God.” (John 6:68-69).*

**Conversation with Jesus:** Precious Lord, the Holy Eucharist is the ingenuity and prodigy of God arising out of His infinite charity towards His poor creatures. Through this wondrous Gift, we have the Mass, Holy Communion and the Blessed Sacrament. You are truly and wholly present in the Eucharist as You were when You walked the shores of the Sea of Galilee. I pray for myself and fellow worshippers for the grace to attend Mass worthily in spirit and in truth, receive Holy Communion ardently in a state of grace and always treasure Your Real Presence in the Blessed Sacrament by frequent Eucharistic Adoration. Thus, may we make reparation for Masses half-heartedly attended, Communions made in a state of tepidity, and Your abandonment in the holy tabernacles. Mary, Mother of the Blessed Sacrament, pray for us. Thank You, Jesus. Praise You, Jesus.