

“I Am the Bread of Life”

(John 6:35)

The Holy Sacrifice: It is not an ordinary bread

- The Lord described it as:
 - The true bread from heaven (Jn 6:32)
 - “I am the bread of life” (Jn 6:35)
 - “I am the bread that came down from heaven”
(Jn 6:51)

The Holy Sacrifice:

The bread is the Body of the Lord

- "...the bread that I shall give is My flesh, which I shall give for the life of the world" (Jn 6:51)
- "For My flesh is food indeed, and My blood is drink indeed" (Jn 6:55)
- "Take and eat; this is My body" (Matt 26:26)
- "Take it; this is My body" (Mark 14:22)

The Holy Sacrifice:

The blessings of partaking of the Eucharist

- “Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day”
(Jn 6:54)
- “He who eats My flesh and drinks My blood abides in Me, and I in him” (Jn 6:56)
- “If anyone eats of this bread, he will live forever”
(Jn 6:51)

The Holy Sacrifice:

The loss suffered by those who do not partake

- “Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you” (Jn 6:53)

The Holy Sacrifice:

The punishment for those who partake in an unworthy manner

- “Therefore whoever eats this bread and drinks this cup of the Lord in an unworthy manner will be guilty of the body and the blood of the Lord”
(1 Cor 11:27)
- “But let a man examine himself, and so let him eat of the bread and drink of the cup”
(1 Cor 11:28)

The Holy Sacrifice:

The punishment for those who partake in an unworthy manner

- “For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body” (1 Cor 11:29)