



The Real Presence of Christ in the Eucharist

General Principles

- Christ is really and truly present under the form of bread and wine.
- In the Blessed Sacrament is contained the "whole Christ"
- In Holy Communion we share in God's own life
- The Eucharist is both real and symbol
- Other modes of Christ's presence point towards the real presence in the sacramental species

Source Documents

- Lk 22:19-20
- Jn 6:55-58
- *Catechism of the Catholic Church*, #1322-1419
- *Holy Communion and Worship of the Eucharist Outside Mass*
- *Mane Nobiscum Domine* (Pope St. John Paul II)
- *Sacramentum Caritatis* (Pope Benedict XVI)



Source Quotes

"Christ is always present in His Church, especially in her liturgical celebrations. He is present in the sacrifice of the Mass, not only in the person of His minister...but especially under the Eucharistic species. By His power He is present in the sacraments...He is present in His word, since it is He Himself who speaks when the holy scriptures are read in the Church. He is present, lastly, when the Church prays and sings, for He promised: 'Where two or three are gathered together in my name, there am I in the midst of them' (Matt. 18:20)"

-Vatican II, *Constitution on the Sacred Liturgy*, #7.

“When the disciples on the way to Emmaus asked Jesus to stay ‘with’ them, he responded by giving them a much greater gift: through the Sacrament of the Eucharist he found a way to stay ‘in’ them. Receiving the Eucharist means entering into a profound communion with Jesus. ‘Abide in me, and I in you’ (Jn 15:4). This relationship of profound and mutual ‘abiding’ enables us to have a certain foretaste of heaven on earth. Is this not the greatest of human yearnings? Is this not what God had in mind when he brought about in history his plan of salvation? God has placed in human hearts a ‘hunger’ for his word (Am 8:11), a hunger which will be satisfied only by full union with him. Eucharistic communion was given so that we might be ‘sated’ with God here on earth, in expectation of our complete fulfillment in heaven.”

-Pope St. John Paul II, *Mane Nobiscum Domine*, #19.

“Prayer before Christ the Lord sacramentally present extends the union with Christ that the faithful have reached in communion...They should strive to lead their whole lives in the strength of this heavenly food, as sharers in the death and resurrection of the Lord. All should be eager to do good works and to please God, so that they may seek to imbue the world with the Christian spirit and, in all things, even in the midst of human affairs, to become witnesses of Christ.”

-*Holy Communion and Worship of the Eucharist Outside Mass*, #81.

“Besides physical hunger, man experiences another hunger, a hunger that cannot be satiated with ordinary food. It’s a hunger for life, a hunger for love, a hunger for eternity. And the sign of manna — like the entire experience of Exodus — also contains in itself this dimension: it was the symbol of a food that satisfies this deep human hunger. Jesus gives us this food, rather, He himself is the living bread that gives life to the world. His Body is the true food in the form of bread; his Blood is the true drink in the form of wine. It isn’t simple nourishment to satisfy the body, like manna; the Body of Christ is the bread of the last times, capable of giving life, eternal life, because this bread is made of love.”

-Pope Francis, 6/14/19

"Receiving the Eucharist means adoring him whom we receive. Only in this way do we become one with him, and are given, as it were, a foretaste of the beauty of the heavenly liturgy."

-Pope Benedict XVI, *Sacramentum Caritatis*, #66.

"The personal relationship which the individual believer establishes with Jesus present in the Eucharist constantly points beyond itself to the whole communion of the Church and nourishes a fuller sense of membership in the Body of Christ."

-SC, #68.

"Contemplation is a gaze of faith, fixed on Jesus. 'I look at him and he looks at me': this is what a certain peasant of Ars used to say to his holy curé [St. Jean Vianney] about his prayer before the tabernacle."

-*Catechism of the Catholic Church*, #2715