



# Boston Catholic Journal

[www.boston-catholic-journal.com](http://www.boston-catholic-journal.com)  
[editor@boston-catholic-journal.com](mailto:editor@boston-catholic-journal.com)

... this *IS* My Body ...

St. Matthew 26.26



## DO YOU *REALLY* BELIEVE?

Do you *really* believe that Jesus Christ Himself, real and entire, is in the Holy Eucharist, in the Communion you receive?

Would you stake your life on it --- because if you would not, you do not ...?

*The Holy Eucharist, the Most Holy Sacrament of the Altar ... IS ... really and truly, the Body, the Blood, the Soul, and Divinity of Jesus Christ Himself – under the appearances of mere bread and wine.*

The moment the Priest utters these words, "this *IS* My Body" – the bread, while appearing to remain just bread, becomes – **IN FACT** – the *Body* of Jesus Christ ... every bit as real and present as if you could see Him standing before you with your eyes!

The moment the Priest utters these words, "this **IS** My Blood" – the wine, while appearing to remain just wine, becomes – **IN FACT** – the *Blood* of Jesus Christ ... every bit as real, every bit as present, as if He were standing before you ... because He is!

The Holy Eucharist is not a symbol.

It is not a mere commemoration.

It is not merely a communal meal, although many appear to make it so.

***It is Jesus Christ.***

The Church has taught this from the beginning – for over 2000 years ... because Jesus taught it to the Church at the Last Supper.

Again, I ask you: Do you *really* believe?

Next time you go to Communion, ask yourself this one question:

*"If today, if this once, I could really and truly see Him with my eyes – **would I behave any differently from the way I usually do?"***

If you answer, "yes" – what would you do?

Even were you the *only* one to see Him, you would care nothing of appearing to make a fool of yourself ... and fall to your knees! *You know it!*

If you answer, "no" (remember, seeing Him with your eyes!), then you are more than a fool, for even a fool would not be insolent before God.

Now ask *yourself* --- *from the depths of your being*: "Do I **really** believe"?

Do not worry about setting precedents. Judas put his lips to Our Blessed Lord 2000 years ago ... "on the night he betrayed him." You cannot do worse, although you could choose to do far better ...

I do not presume to admonish you, St. Paul does:

"Therefore whosoever shall eat this bread, or drink the chalice of the Lord unworthily, shall be guilty of the body and of the blood of the Lord ... For he that eats and drinks unworthily, eats and drinks judgment to himself, *not discerning the body of the Lord.* "

(I Corinthians 11.27-29)

The question, then, still stands after all ... doesn't it?



<http://www.boston-catholic-journal.com>