

# “The Institution of the Eucharist”...

## FROM THE GOSPEL ACCORDING TO - *JOHN* -:

*“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 6:53-54)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

In order to be raised on the last day in body and soul, we should often confess our sins to a priest, and often eat and drink the Body and Blood of Jesus: participating in the holy Mass, living the holy Mass, and proposing the holy Mass to others. This, indeed, is the will of God! (cf. *SP*, p. 97)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to tasting the Body of Christ, St. Ambrose of Milan says: *“if anyone tastes of [the Body of Christ] with reverence he will be incapable of corruption.”* (AMBROSE, *Off. of Read.*, Friday Week XV O.T.)

<sup>1</sup> NABRE (USCCB)

## FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen):

- .....
- .....

Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...
- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria ....”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...