

# “The Institution of the Eucharist”...

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

*“[Jesus said to them:] 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.” (John 6:51)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

We must recognize the Body of the Lord in the Holy living Eucharist, because it is written, “*anyone who eats and drinks without discerning the body, eats and drinks judgment on himself*”<sup>1</sup> (1Cor 11:29).  
(cf. SP, p. 95)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to recognizing the Body of the Lord in the Holy Eucharist, St. Francis of Assisi says:  
“*Whoever does not eat His flesh or drink His blood, cannot enter into the Kingdom of God. We must eat and drink worthily, however, because whoever receives Him unworthy eats and drinks his own condemnation by failing to discern the body of the Lord or distinguish between it and other foods.*”

(FRANCESCO D’ASSISI, *Lettera ai Fedeli*, in: F.F. 189, unpublished translation by pfs gm)

<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 ...