

## SAINTS AND FATHERS OF THE CHURCH

### ON THE EUCHARIST

If Christ did not want to dismiss the Jews without food in the desert for fear that they would collapse on the way, it was to teach us that it is dangerous to try to get to Heaven without the Bread of Heaven. **St. Jerome**

Our Lord Jesus Christ joined together on the same day the paschal lamb of the Jews and the True Manna when blessing the bread and the wine He said: ‘This is My Body, this is My Blood.’ **St. Cyril of Alexandria**

They abstain from the Eucharist and from prayer, because they do not confess that the Eucharist is the Flesh of our Savior Jesus Christ, Flesh which suffered for our sins and which the Father, in His goodness, raised up again.

**St. Ignatius of Antioch**, disciple of the Apostle John  
*Letter to the Smyrnaeans*, 6,2 concerning certain heretics.

I desire the Bread of God, which is the Flesh of Jesus Christ ... and for drink I desire His Blood, which is love incorruptible.

**St. Ignatius of Antioch**, *Letter to the Romans* 7,3.

For we do not receive these things as common bread and common drink; but in like manner as Jesus Christ our savior, having been made incarnate by God’s logos, took both flesh and blood for our salvation, so also have we been taught that the food —eucharistized through the word of prayer that is from Him, from which our blood and flesh are nourished by transformation—is the flesh and blood of that Jesus who became incarnate.

**Saint Justin Martyr** [~155 AD] *Apology*, Book 1, from Chapter 66

Do not, therefore, regard the bread and wine as simply that; for they are, according to the Masters declaration, the Body and Blood of Christ. Even though the senses suggest to you the other, let faith make you firm. Do not judge in this matter by taste, but be fully assured by the faith, not doubting that you have been deemed worthy of the Body and Blood of Christ.

**St. Cyril of Jerusalem**, in a catechetical lecture (350 A.D.).

## ON HOLY COMMUNION

He [Jesus] has declared the cup, a part of creation, to be His own Blood, from which He causes our blood to flow; and the bread, a part of creation, He has established as His own Body, from which He gives increase to our bodies.

**St. Irenaeus**, bishop of Lyons (around 195 A.D.)

Disciple of St. Polycarp (who had been taught by St. John the Apostle)

As two pieces of wax fused together make one, so he who receives Holy Communion is so united with Christ that Christ is in him and he is in Christ.

**St. Cyril of Alexandria**

The Holy Spirit will come upon you and the power of the Most High will overshadow you... What happened to Mary at the Incarnation also happens to us in Holy Communion.

**St. Peter Julian Eymard (June 14, 1867)**

In Communion, we incarnate Jesus Christ in us. Communion is the goal of the Incarnation.

**St. Peter Julian Eymard (March 25, 1867)**

Our Lord does not form us so much as he forms himself in us.

**St. Peter Julian Eymard (December 6, 1867)**

## FURTHER RESOURCES

### The Eucharist

*Eucharist* (2009 DVD) Rev. Robert E. Barron (now Bishop Barron)

*The Eucharist Is Really Jesus: How Christ's Body and Blood Are the Key to Everything We Believe*, Joe Heschmeyer

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### The Mass

*The Lamb's Supper*, Scott Hahn

*A Biblical Walk through The Mass: Understanding What We Say and Do In The Liturgy*, Edward Sri