

## The Real Presence of Christ in the Eucharist

### Biblical References:

#### John 6:51 – 58

I am the living bread that came down from heaven. Whoever eats this bread will live forever. **"(1)This bread is my flesh, which I will give for the life of the world."** Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?" Jesus said to them, **"(2)Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. (3)Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. (4)For my flesh is real food and my blood is real drink. (5)Whoever eats my flesh and drinks my blood remains in me, and I in them. Just as the living Father sent me and I live because of the Father, (6)so the one who feeds on me will live because of me. This is the bread that came down from heaven. Your ancestors ate manna and died, (7)but whoever feeds on this bread will live forever."** He said this while teaching in the synagogue in Capernaum. On hearing it, many of his disciples said, "This is a hard teaching. Who can accept it?"

**1Corinthians:23 – 29** "For this is what I received from the Lord and in turn passed on to you: That on the same night as he was betrayed, the Lord Jesus took some bread, and thanked God for it, and broke it, and he said, **'This is my body which is for you; do this as a memorial of me.'** In the same way he took the cup after supper and said, **'This cup is a new covenant in my blood. Whenever you drink it, do this as a memorial of me.'** Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death. **And so anyone who eats the bread or drinks the cup of the Lord unworthily will be behaving unworthily toward the body and blood of the Lord. Everyone is to recollect himself before eating this bread and drinking this cup, because a person who eats and drinks without recognizing the body is eating and drinking his own condemnation.**

**1Corinthians: 11:16** "The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is communion with the body of Christ"

### Church Fathers :

#### St. Ignatius of Antioch (Student of St. John the Apostle and martyred around 117AD)

"Consider how contrary to the mind of God are the heterodox in regard to the grace of God which has come to us. They have no regard for charity, none for the widow, the orphan, the oppressed, none for the man in prison, the hungry or the thirsty. They abstain from the Eucharist and from prayer, because they do not admit that the Eucharist is the flesh of our Savior Jesus Christ, the flesh which suffered for our sins and which the Father, in His graciousness, raised from the dead."  
*"Letter to the Smyrnaeans", paragraph 6. circa 80-110 A.D.*

"Take care, then who belong to God and to Jesus Christ - they are with the bishop. And those who repent and come to the unity of the Church - they too shall be of God, and will be living according to Jesus Christ. Do not err, my brethren: if anyone follow a schismatic, he will not inherit the Kingdom of God. If any man walk about with strange doctrine, he cannot lie down with the passion. Take care, then, to use one Eucharist, so that whatever you do, you do according to God: for there is one Flesh of our Lord Jesus Christ, and one cup in the union of His Blood; one altar, as there is one bishop with the presbytery and my fellow servants, the deacons." -*Epistle to the Philadelphians, 3:2-4:1, 110 A.D.*

"Come together in common, one and all without exception in charity, in one faith and in one Jesus Christ, who is of the race of David according to the flesh, the son of man, and the Son of God, so that with undivided mind you may obey the bishop and the priests, and break one Bread which is the medicine of immortality and the antidote against death, enabling us to live forever in Jesus Christ." -*"Letter to the Ephesians", paragraph 20, c. 80-110 A.D.*

**St Justin Martyr (Beheaded about 167 A.D.)**

"This food we call the Eucharist, of which no one is allowed to partake except one who believes that the things we teach are true, and has received the washing for forgiveness of sins and for rebirth, and who lives as Christ handed down to us. For we do not receive these things as common bread or common drink; but as Jesus Christ our Savior being incarnate by God's Word took flesh and blood for our salvation, so also we have been taught that the food consecrated by the Word of prayer which comes from him, from which our flesh and blood are nourished by transformation, is the flesh and blood of that incarnate Jesus." *"First Apology", Ch. 66, inter A.D. 148-155*

**St. Irenaeus of Lyons, *Against Heresies*, 180 A.D.:**

'For we are members of His Body, of His flesh and of His bones' (Eph. 5:30). He is not talking about some kind of 'spiritual' and 'invisible' man, 'for a spirit does not have flesh an bones' (Lk. 24:39). No, he is talking of the organism possessed by a real human being, composed of flesh and nerves and bones. It is this which is nourished by the cup which is His Blood, and is fortified by the bread which is His Body. The stem of the vine takes root in the earth and eventually bears fruit, and 'the grain of wheat falls into the earth' (Jn. 12:24), dissolves, rises again, multiplied by the all-containing Spirit of God, and finally after skilled processing, is put to human use. These two then receive the Word of God and become the Eucharist, which is the Body and Blood of Christ."

