

# The Holy Eucharist

A golden Eucharistic medallion (tabernacle) is centered on the page. It features a central cross with a figure, surrounded by a ring of smaller crosses and a larger outer ring of text. The background is a textured gold color.

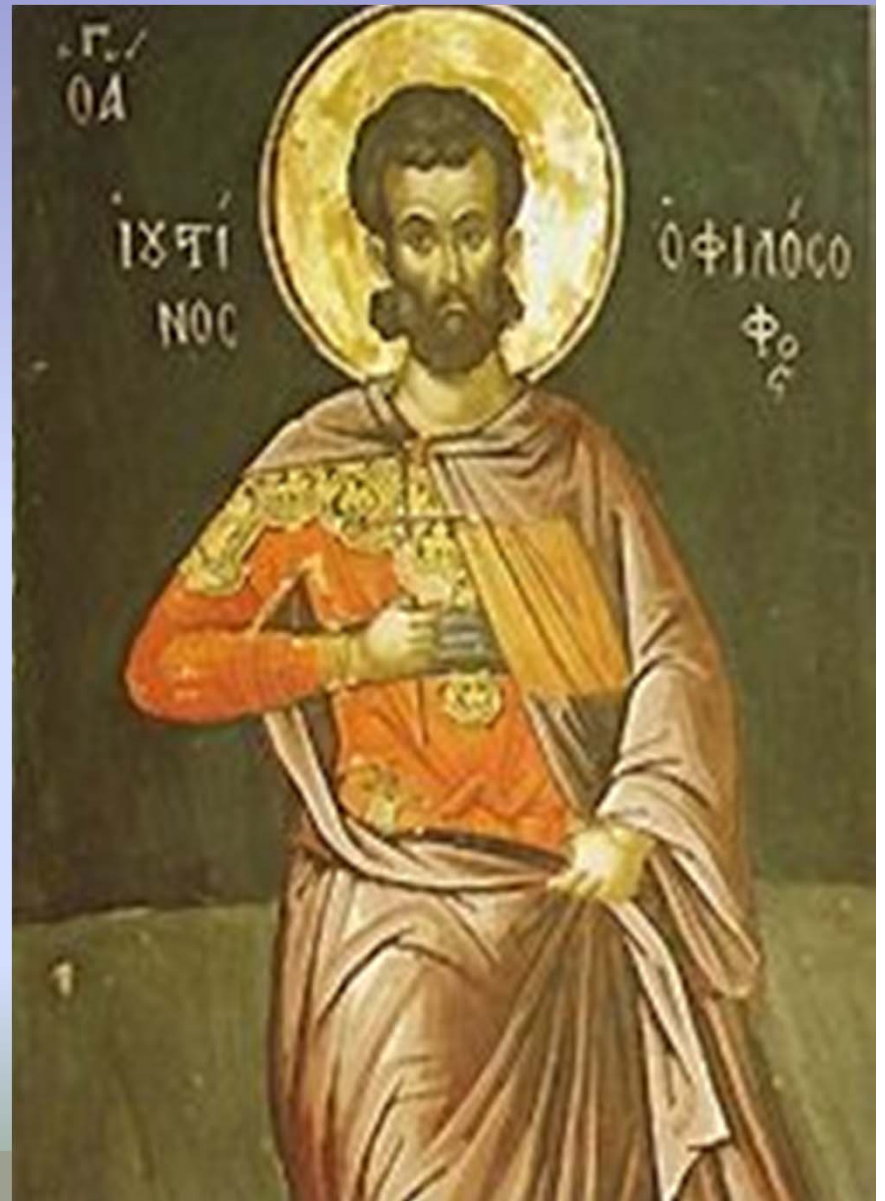
## The Crown of the 7 Sacraments

Produced by St. Mina's Coptic Orthodox Church, Holmdel NJ

## *What do the Fathers Say ?*

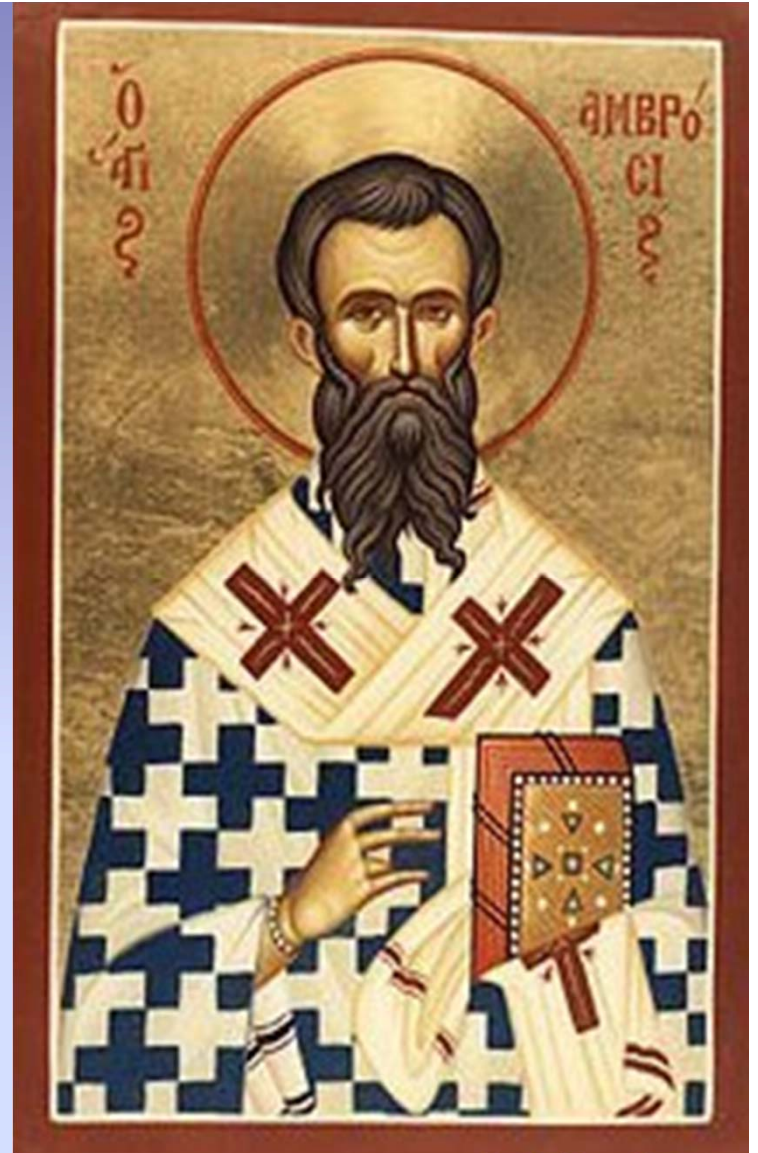
- “The Bread is not ordinary bread, nor the Wine ordinary wine, but... through the word of prayer... they are the Flesh and Blood of Jesus Christ”

- St. Justin the Martyr





“It is wonderful that God rained manna on our fathers and they were fed... yet...all died in the desert. But the food that you receive, that living bread which came down from heaven, supplies the very substance of eternal life, and whoever will eat it will never die, for it is the Body of Christ.”



St. Ambrose  
Bishop of Milan



- “The Eucharist is the Flesh and Blood of our Savior, the Flesh which suffered for our sins and which the Father raised from the dead.”

**St. Ignatius of Antioch**



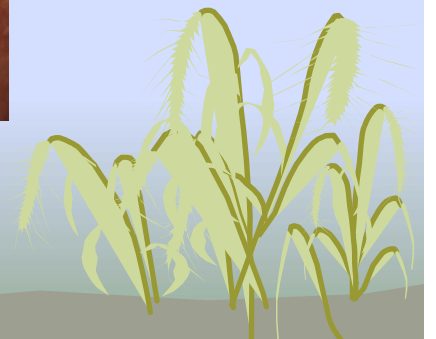
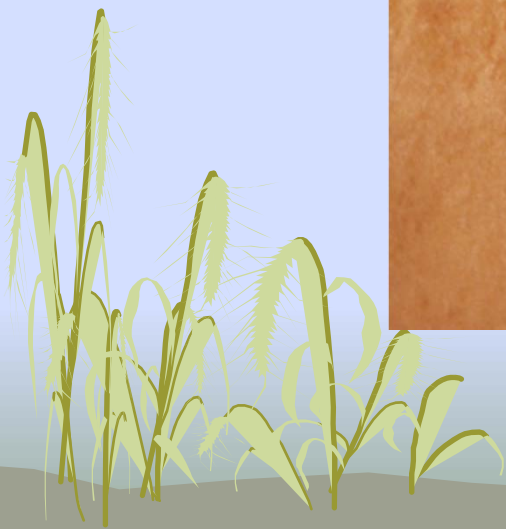


- “The Eucharist is the medicine of immortality, the antidote against death and everlasting life in Jesus Christ”

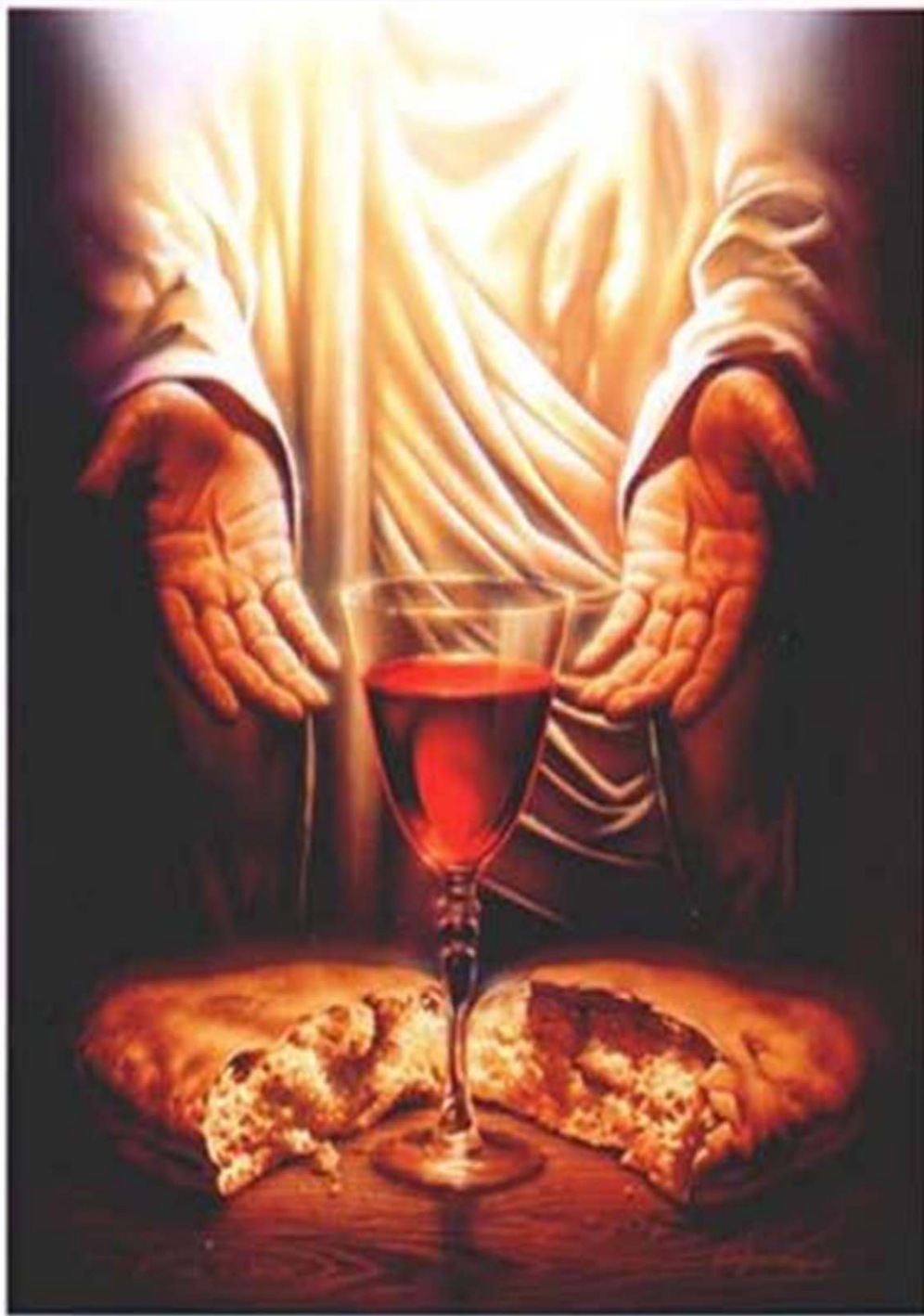
-St. Ignatius of Antioch



# *Who Established this Sacrament?*

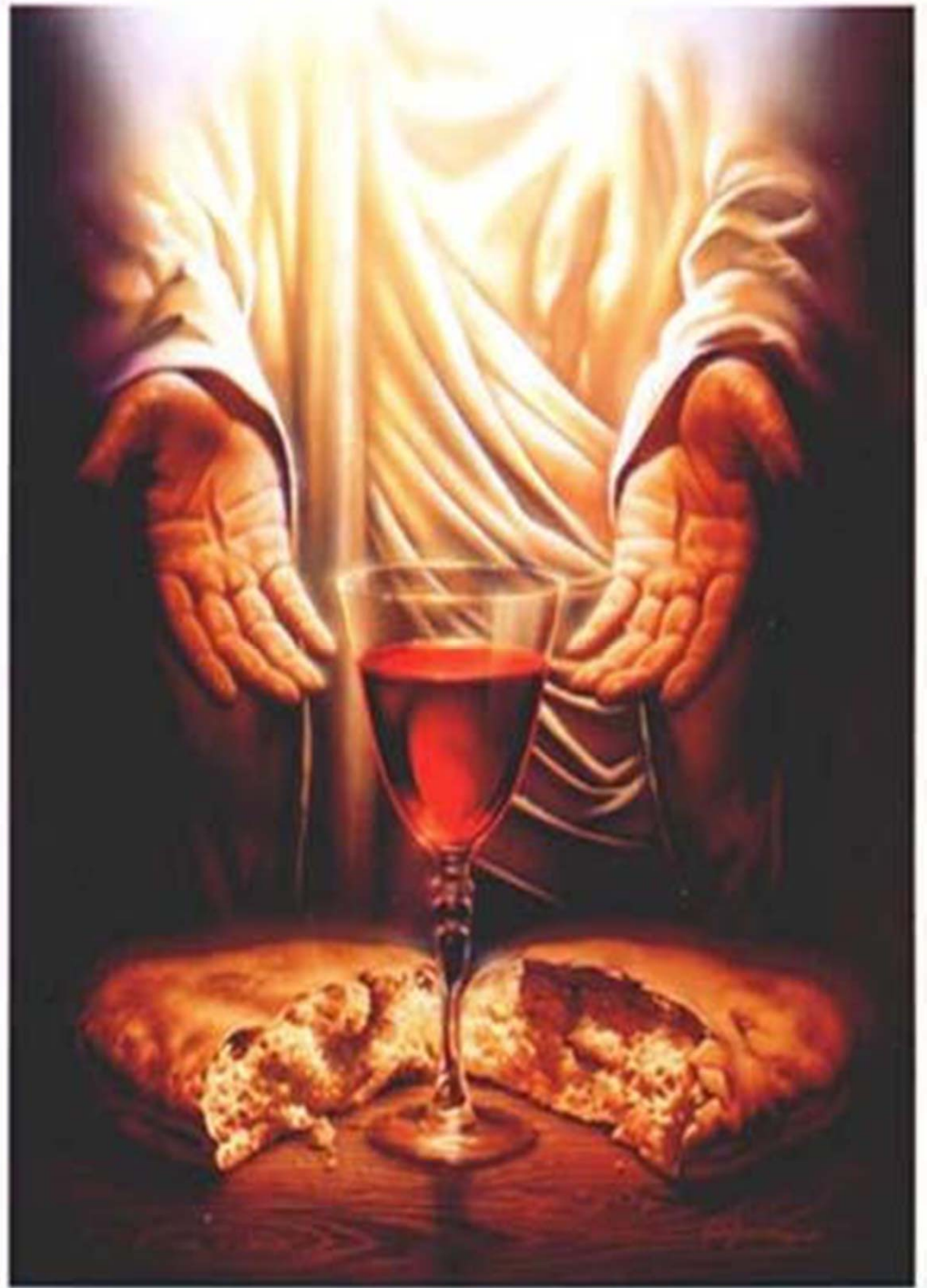








- “...the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, Take, eat; this is My body which is broken for you do this in remembrance of Me.” 1 Cor 11:23-24







- “In the same manner he also took the cup after supper, saying “This cup is the new covenant in My blood. This do as often as you drink it, in remembrance of Me” 1 Cor 11:25

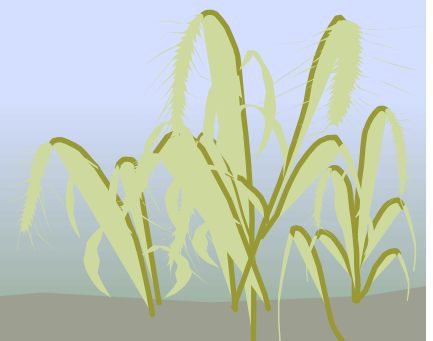
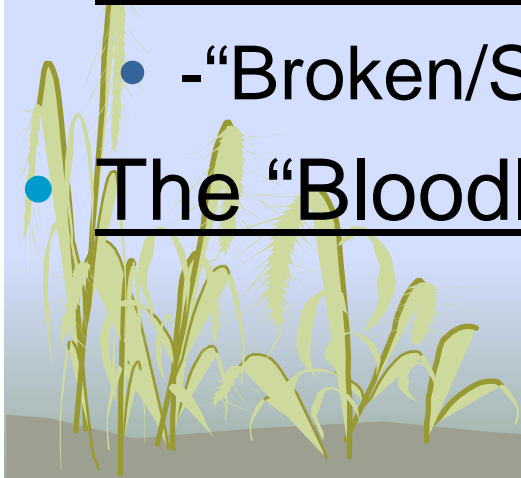


- **26:26** “And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, Take, eat; this is My body.
- **26:27** Then He took the cup, and gave thanks, and gave it to them, saying, Drink from it, all of you.
- **26:28** For this is My blood of the new covenant, which is shed for many for the remission of sins.” Mt 26:26-28



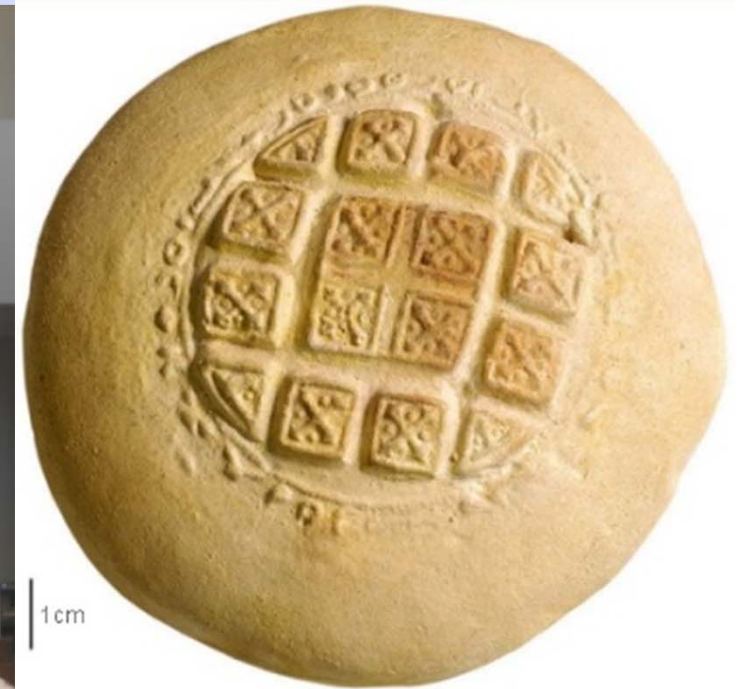
# *Other Names for this Sacrament*

- Eucharist - “Thanksgiving”
- Holy Communion “Intimate Fellowship/Sharing”
- The Lord’s Table
  - – I Cor 10:18-21 (a meal) – “come taste and see that the Lord is Good”- Psalm 34:8
- The New Testament Sacrifice
  - -“Broken/Shed”
- The “Bloodless Sacrifice”



# *The Visible Signs*

- The Bread and the Wine
- The Prayers of the Liturgy





# *The Invisible Grace*

## *What do we receive?*



- 1. True Body/Blood of the Lord
  - I am the living bread which came down from heaven” John 6:51
  - “For My flesh is food indeed, and My blood is drink indeed” John 6:55

# *The Invisible Grace*

## *What do we receive?*

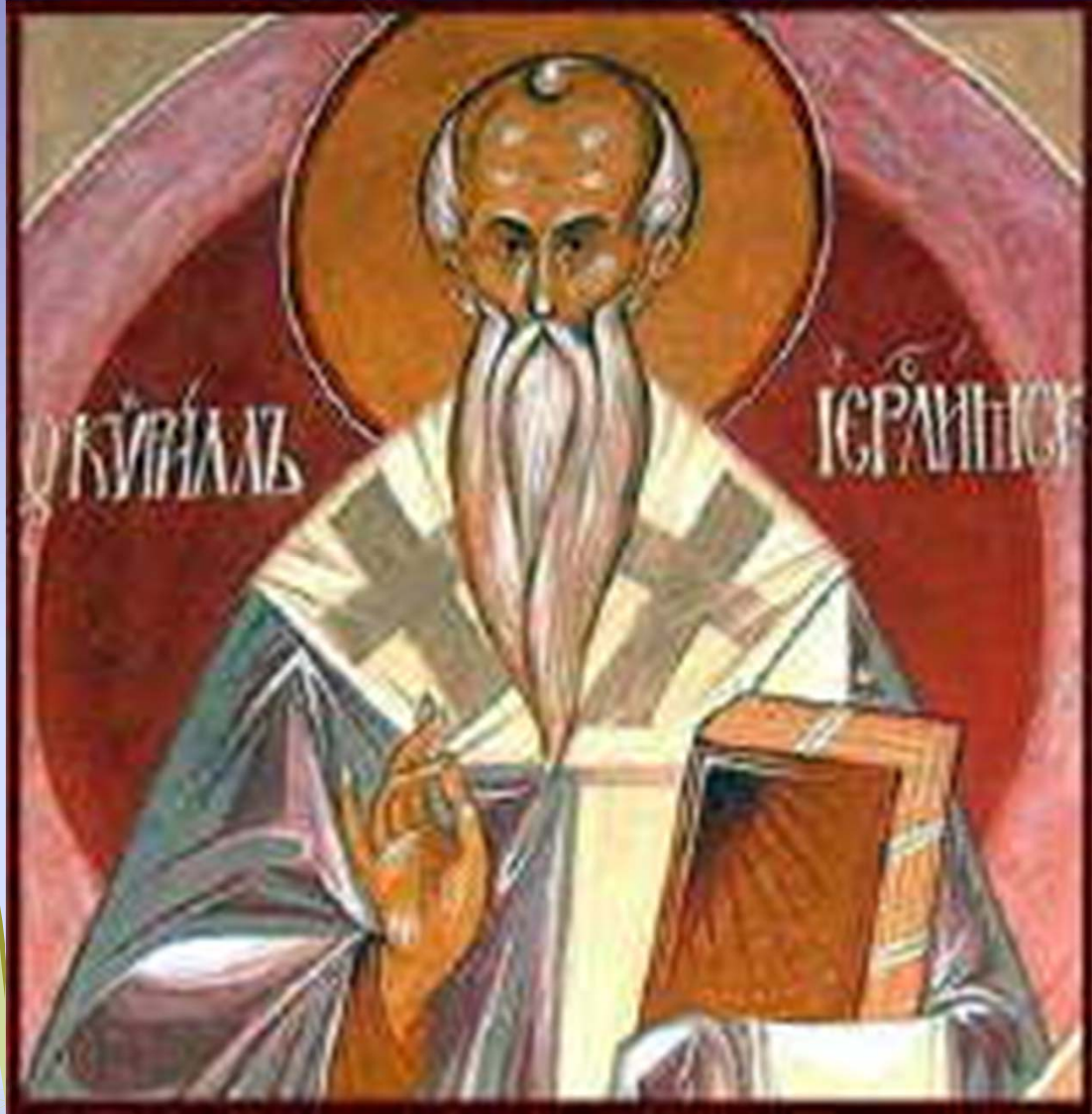


- 2. Unity with the Lord

- “He who eats my flesh and drinks My blood abides in me, and I in him.” John 6:56





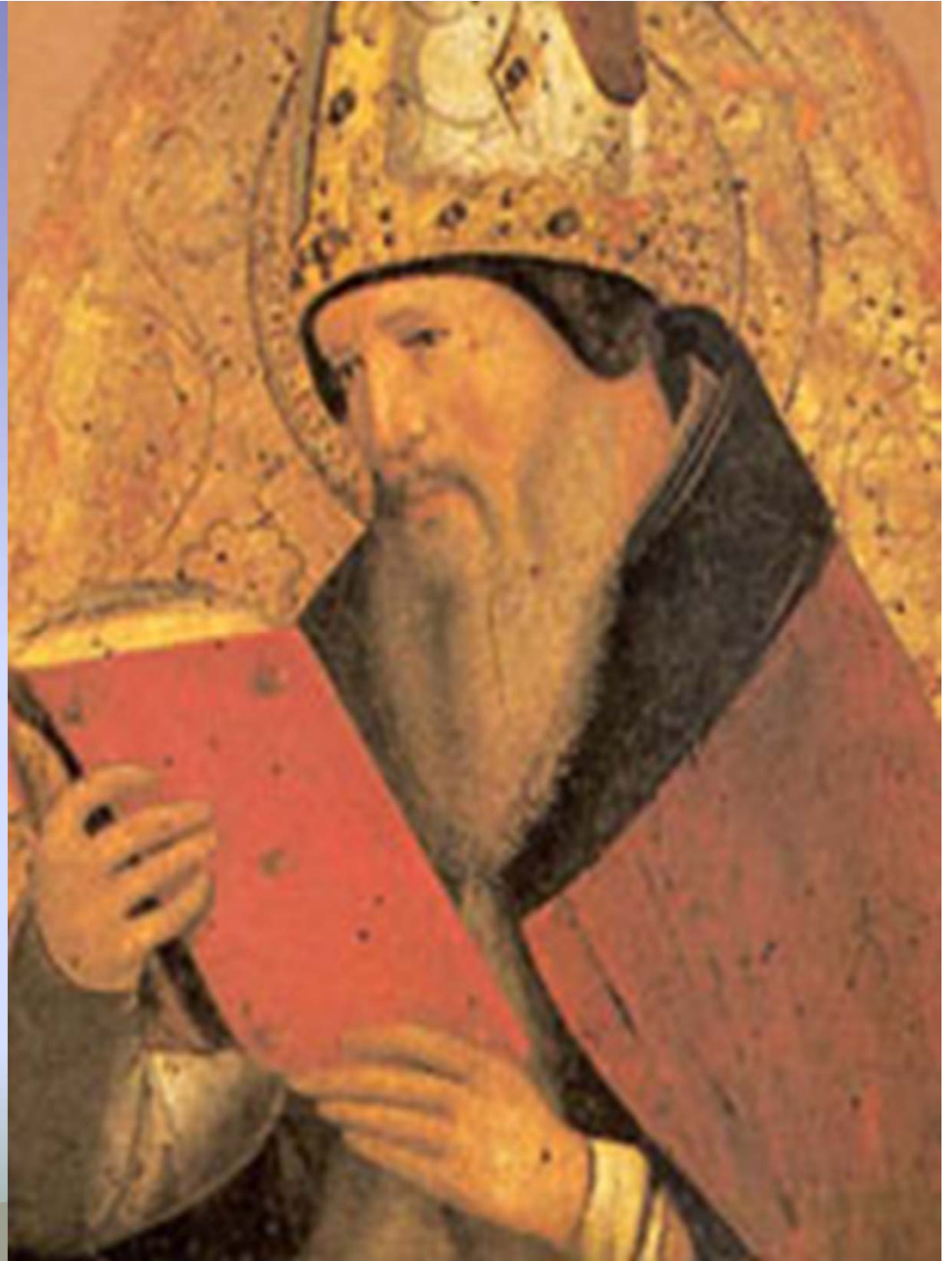


**St. Cyril of Jerusalem**

- “Let us share in the Body and Blood of Christ... so that by sharing in the Body and Blood... you may become one body and one blood with Christ.”

- “Through the Holy Eucharist, the faithful eat and drink the life of Christ.”

- St. Augustine







- “it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” Gal 2:20



# *The Invisible Grace*

## *What do we receive?*



- 3. Eternal Life

- “If anyone eats of this bread, he will live forever, and the bread that I shall give is My flesh” John 6:51

- “Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day.” John 6:54



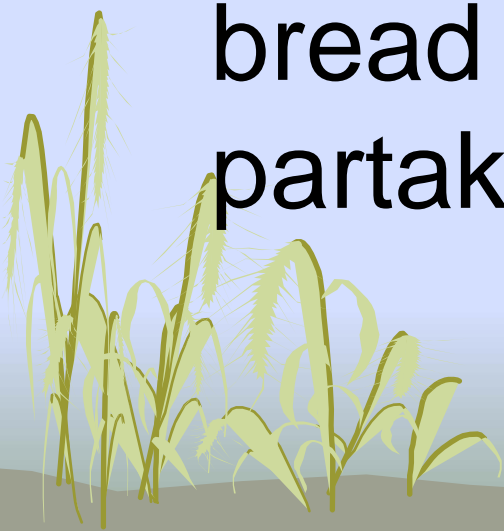
# *The Invisible Grace*

## *What do we receive?*



- 4. Unity with Others

- “For we, being many, are one bread and one body; for we all partake of that one bread” 1 Cor 10:17



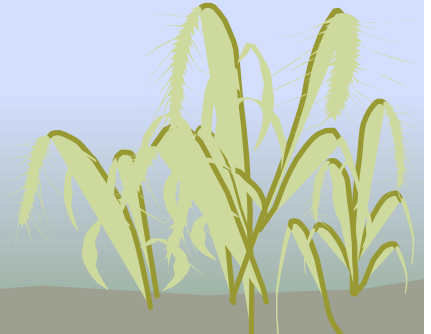
# *The Invisible Grace*

## *What do we receive?*



- 5. Remission of My Sins

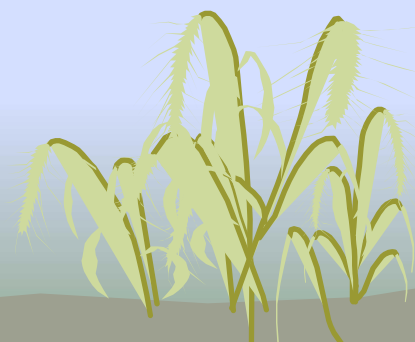
- “This is My blood of the new covenant, which is shed for many for the remission of sins” Mt 26:28





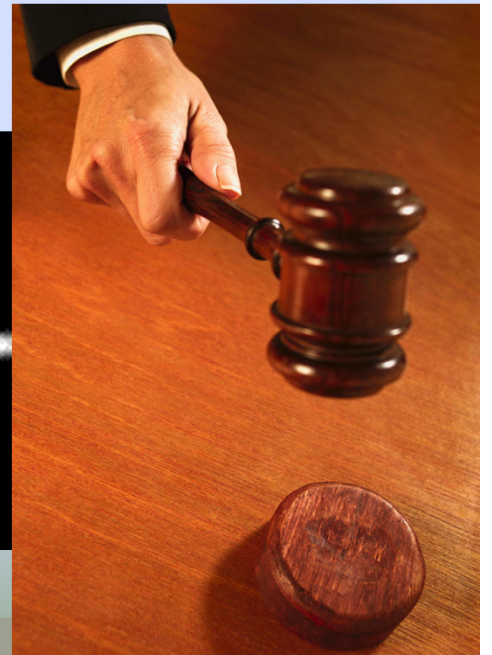


*How should we  
approach Holy  
Communion ?*



# *1 Corinthians 11:27-31*

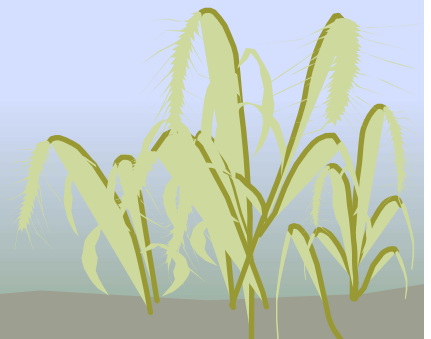
- “...whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord.”





# *1 Corinthians 11:27-31*

- “...But let a man examine himself, and so let him eat of that bread and drink of that cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body.”



- “And how shall you stand before the judgment seat of Christ, you who dare to receive His Body with polluted hands and lips? You would not presume to kiss a king with a foul-smelling mouth, but you kiss the king of Heaven with a reeking soul?... This is an outrage”

- “4<sup>th</sup> Century, Daily readings from the writings of St. John Chrysostom ed. Fr. A. M. Coniaris, Light & Life pub pp.26



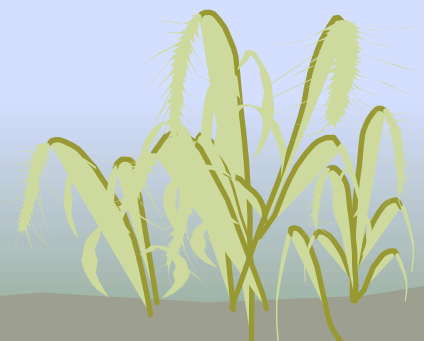
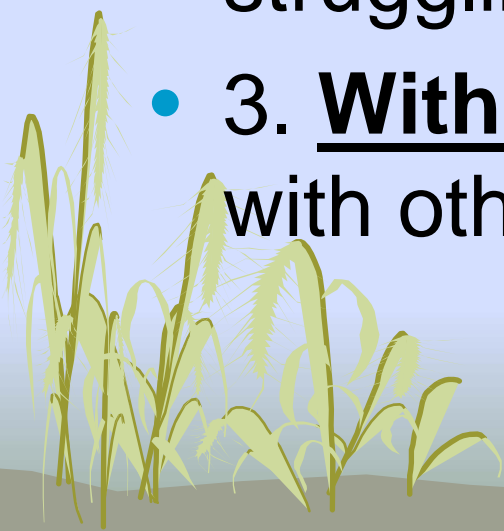
- “I observe many partaking of Christ’s Body **lightly** and **incidentally**, from **custom** and **ordinance**, rather than from consideration and understanding... When one says... the Holy Season is at hand, whatever sort one may be, he partakes of the mysteries... But this is not the occasion for Communion, for neither Theophany, **nor Lent makes us worthy** to come forward, but **sincerity and purity**. With these, come forward always, without them, never.”

- “4<sup>th</sup> Century, Daily readings from the writings of St. John Chrysostom ed. Fr. A. M. Coniaris, Light & Life pub pp.26



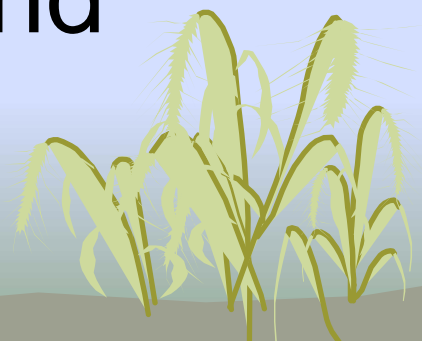
# *Meaning of Worthiness*

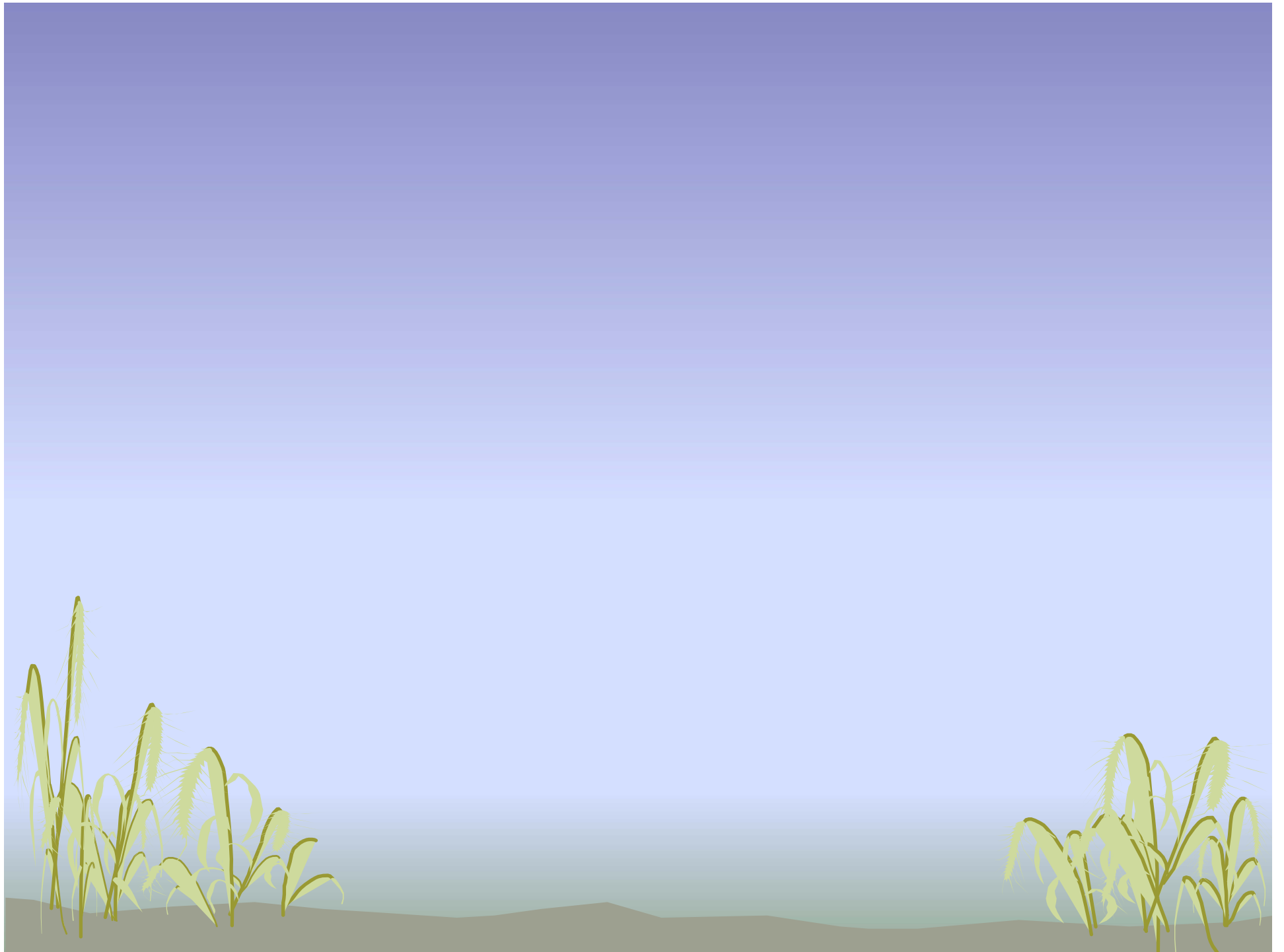
- 1. **With Faith**: No doubt concerning the bread & wine being the true Body/Blood of the Lord (Faith)
- 2. **With Repentance**: Confessing and struggling against sin
- 3. **With Reconciliation**: Reconciled with others - Mt 5:23-24



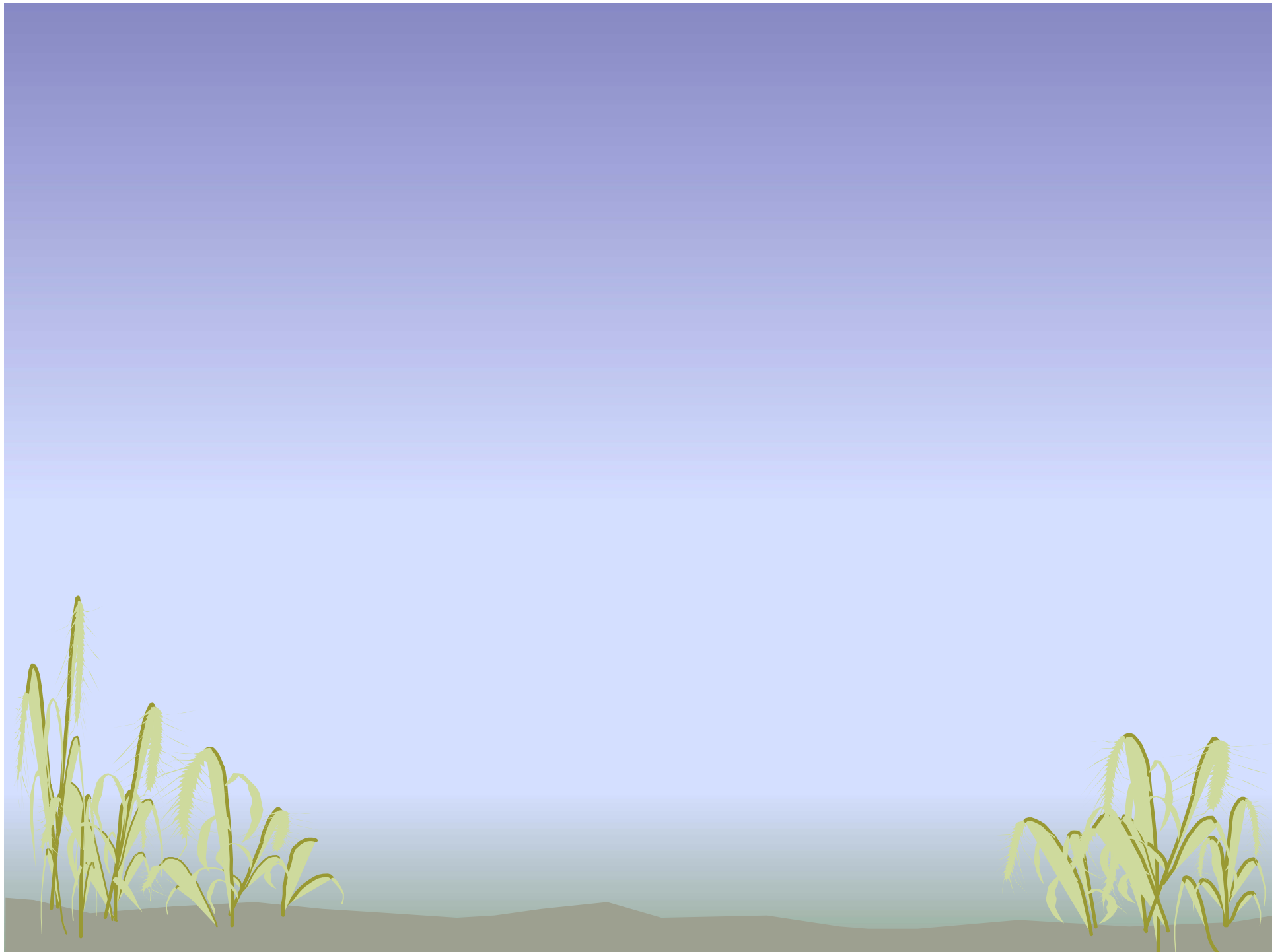
# *Matthew 5:23-24*

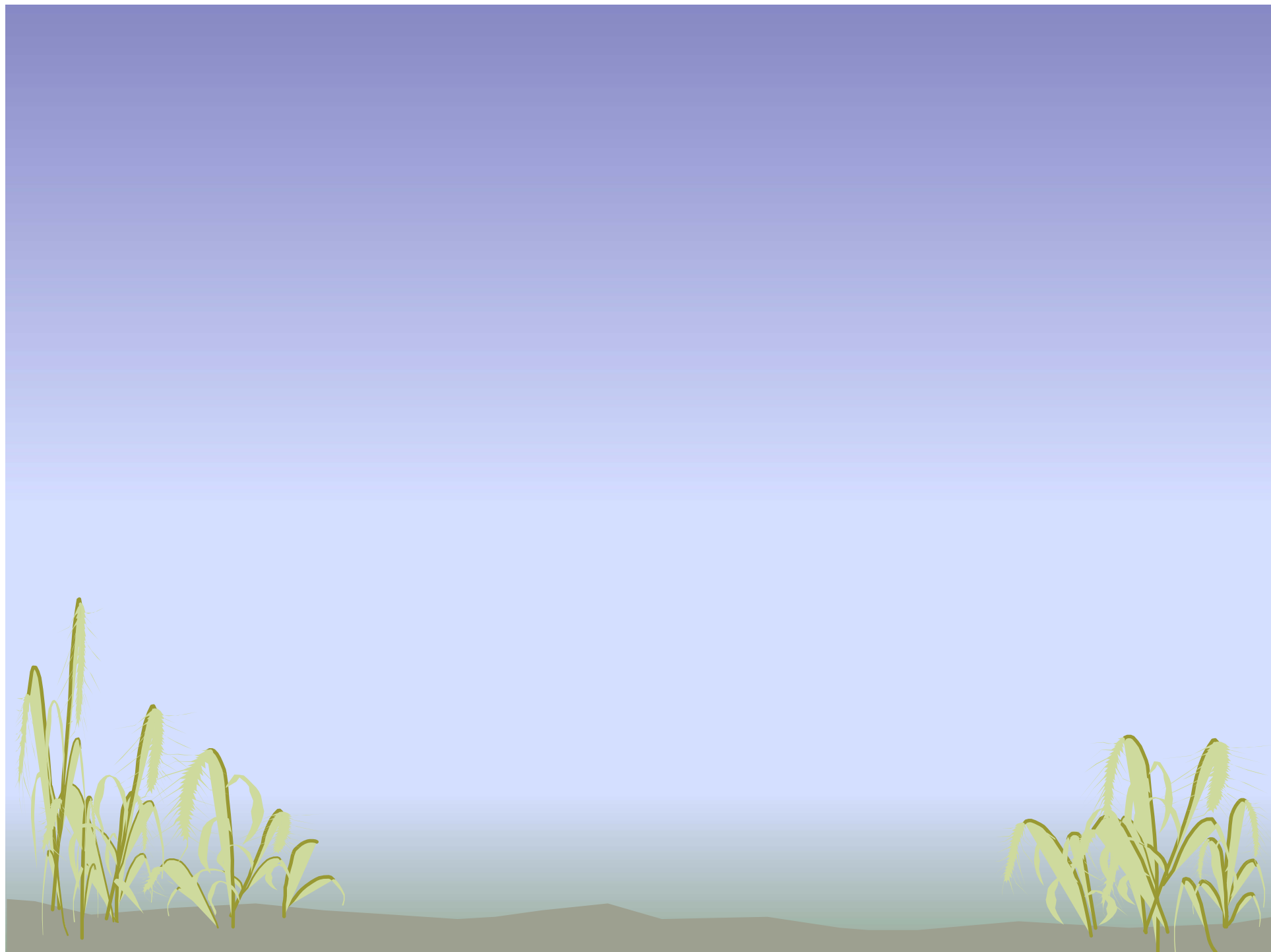
- “ If you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come offer your gift”

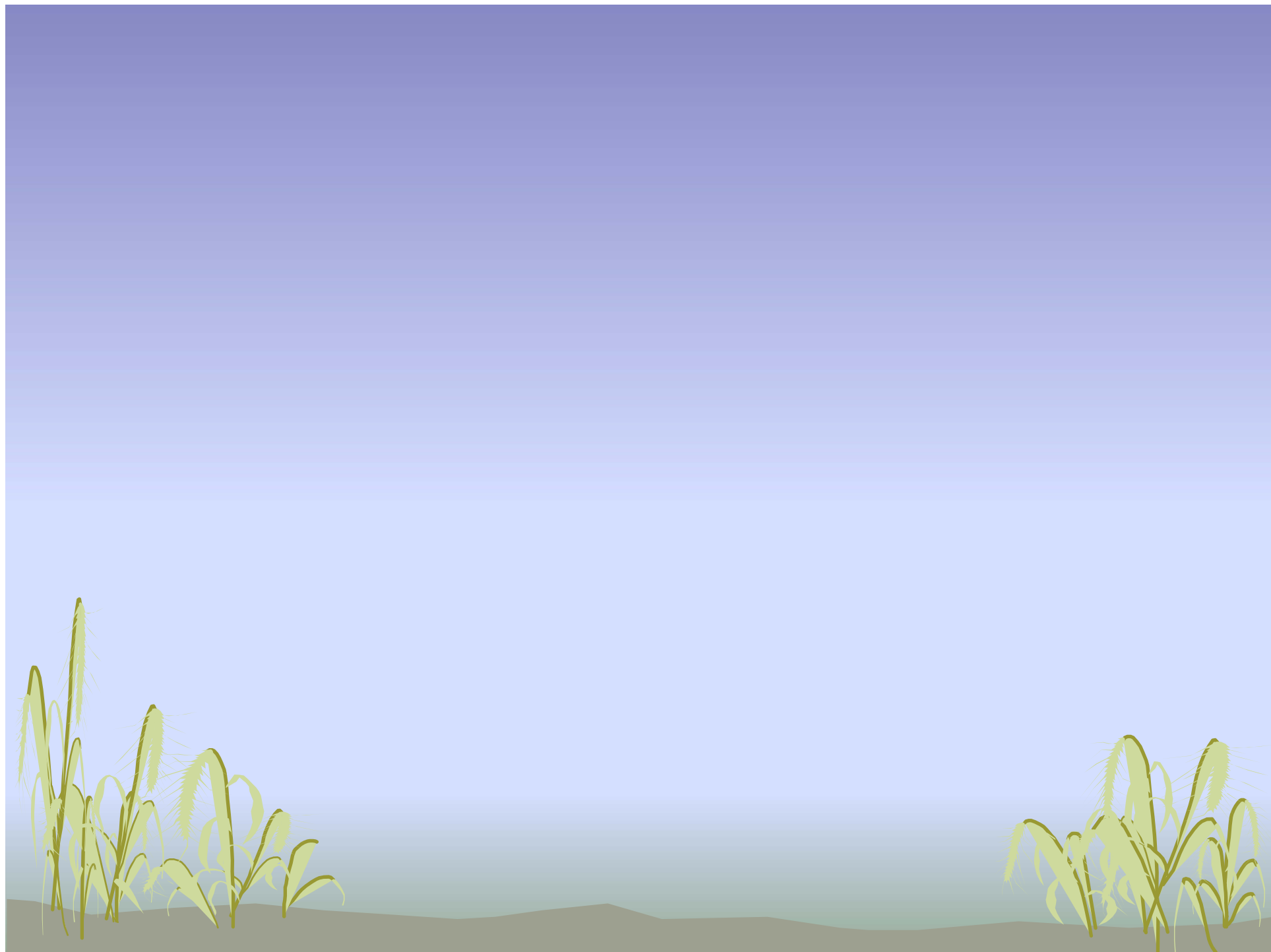




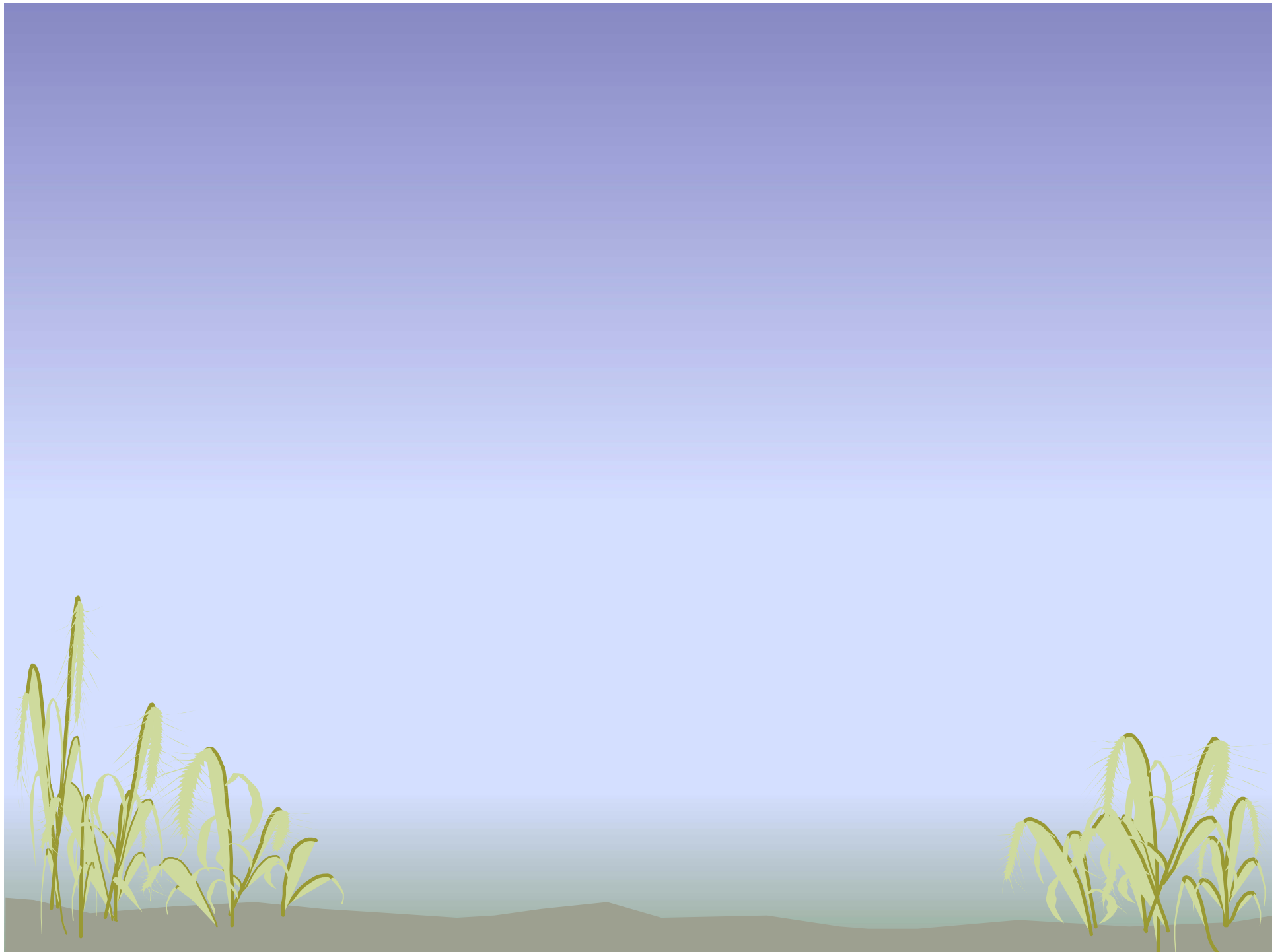


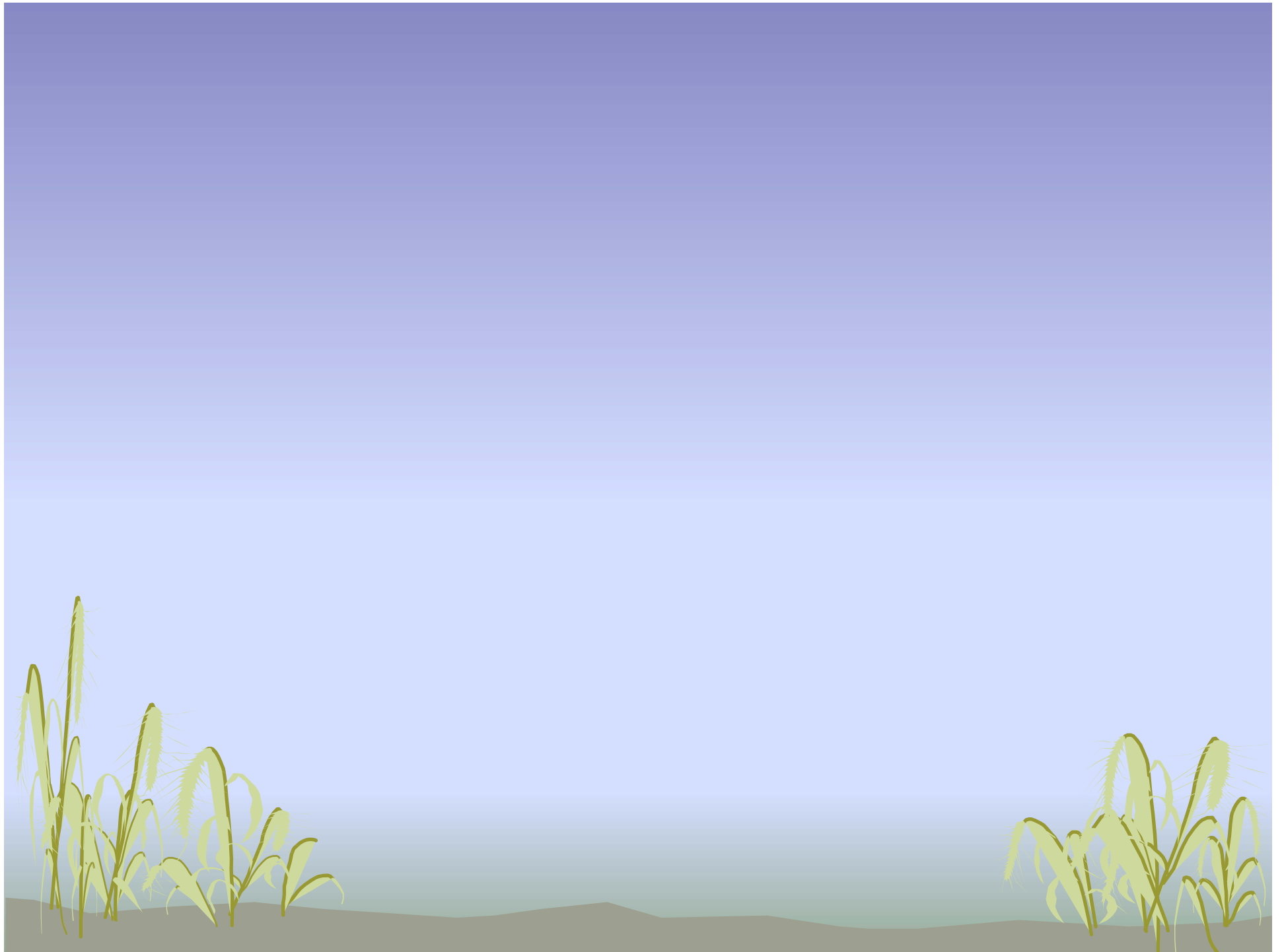






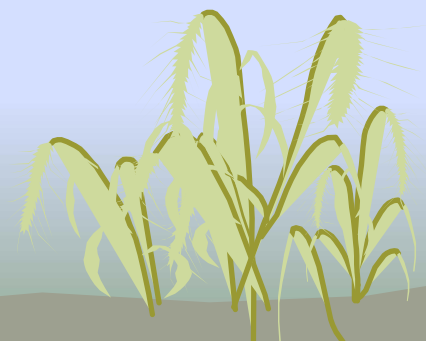




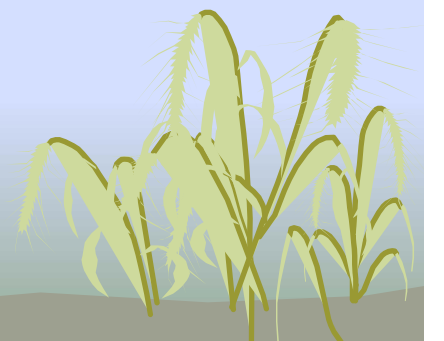


# *Symbols of the Eucharist in the OT*

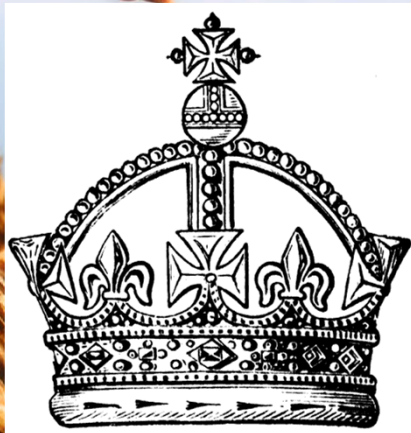
- Go to pg 33 of southern diocese lecture #11 on Eucharist in Sacraments servants prep booklet
- Also include the Symbol of the Eucharist in the OT – p 33
- Question of the real presence ( is it real or not)
- Eucharist as a Sacrifice
- Common questions: pg 35-36
- Meaning of the phrase “ do this in remembrance of me... anamnesis







# *The Holy Eucharist*



The Crown of the Sacraments









