

THE EUCHARIST

Pope Benedict XVI, Shepherd of Truth

Notable quotations from Pope Benedict XVI and official teachings
of the Roman Catholic Church

A GIFT OF LOVE

The sacrament of charity, the Holy Eucharist is the gift that Jesus Christ makes of Himself, thus revealing to us God's infinite love for every man and woman. (1)

“TRUTH AND FREEDOM”

In the sacrament of the altar, the Lord meets us, men and women created in God's image and likeness (cf. Gen 1:27), and becomes our companion along the way. In this sacrament, the Lord truly becomes food for us, to satisfy our hunger for truth and freedom. (2)

“A EUCHARISTIC FAITH”

The Eucharist is a “mystery of faith” par excellence: “the sum and summary of our faith.” The Church's faith is essentially a eucharistic faith, and it is especially nourished at the table of the Eucharist. (6)

“FAITH AND THE SACRAMENTS”

Faith and the sacraments are two complementary aspects of ecclesial life. Awakened by the preaching of God's word, faith is nourished and grows in the grace-filled encounter with the Risen Lord which takes place in the sacraments. (6)



LIVELY FAITH

The more lively the eucharistic faith of the People of God, the deeper is its sharing in ecclesial life in steadfast commitment to the mission entrusted by Christ to His disciples. The Church's very history bears witness to this. Every great reform has in some way been linked to the rediscovery of belief in the Lord's eucharistic presence among His people. (6)

“RADICAL CHANGE”

The substantial conversion of bread and wine into His body and blood introduces within creation the principle of a radical change ..., which penetrates to the heart of all being, a change meant to set off a process which transforms reality, a process leading ultimately to the transfiguration of the entire world, to the point where God will be all in all (cf. 1 Cor 15:28) (11)

“FIRST HOLY COMMUNION”

I would like to emphasize the importance of First Holy Communion. For many of the faith, this day continues to be memorable as the moment when, even if in a rudimentary way, they first came to understand the importance of a personal encounter with Jesus. Parish pastoral programs should make the most of this highly significant moment. (19)

(Source: Apostolic exhortation, *Sacramentum Caritatis*, February 22, 2007)

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