

Annie Brox~Serra Essay

The Eucharist is life; it is sacrifice; it is unity. Jesus instituted the Eucharist at the Last Supper to give us life, to show us sacrificial love, and to unite us all as His body, the Church.

Life. “Whoever eats this bread will live forever,” reflects the constant love and sacrifice that was poured out for all mankind by Jesus. It is the entire reason He came to Earth and is the foundation of the Catholic faith. Christ simply states that anyone who eats his flesh and drinks his blood will live eternally. Of course, we will only gain this promise if we continue to live out our faith and desire His gift of eternal life. In Exodus, God gave the Jews manna in the desert, which they ate, and it nourished them on their journey to the promised land. In a similar way, more than 1,000 years later, Christ gave the ultimate gift of Himself, the true and everlasting sacrifice of Calvary, which leads us to eternal life when we partake in The Eucharist.

Sacrifice. “The Eucharist is a never-ending sacrifice. It is the Sacrament of love, the supreme love, the act of love.” (St. Katharine Drexel) The Eucharist will always share Jesus’ sacrificial love. When I envision the Eucharist, I see one word: sacrifice. This gift that Christ has given to humanity, to me and for me, is so extremely special, knowing that He did it with me in mind. He gave himself at the Last Supper, then sacrificed Himself on the cross, which repeats this gift of sacrifice at every mass, so I could one day enter Heaven. Why did Jesus do this? I always return to John 3:16, “For God so loved the world...” Jesus loved me so much that he sacrificed himself so that I could be saved.

Unity. “Receive communion and Jesus will change you into Himself.” (St. Peter Julian Eymard) Every time that we receive the Blessed Sacrament, Christ comes to personally help us with all our struggles, without fail, uniting Himself with us. Anxiety, sin, health problems, and past traumas are all examples of fragilities possibly present in our lives. The Eucharist has been proven to help heal these types of challenges. Not only will Christ heal our fragilities, but also make us live more like Him, allowing us to help others in their own day to day struggles.

By having a world-wide Eucharistic Revival, Pope Francis is encouraging us to fully embrace the life, sacrifice, and unity that Jesus offers us in the Eucharist. The Eucharist feeds and nourishes us and gives new meaning to our lives. This revival makes me appreciate the sacrificial love poured out to me by Jesus through his most-sacred body and blood, even more than I already do.