

Serra Essay

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Bread has been a basic life sustaining food since prehistoric times. Consequently, what amazes me the most in my faith is that the Creator of the entire universe chose to present himself as such a simple food so that we, being full of mistakes, frailties, and sin, could live with Him forever. In Transubstantiation, Jesus is not just manifesting his sacrifice on the cross at every mass, but he is demonstrating his humility as the all-powerful God becoming present in some tiny wafer of wheat.

Saint Augustine says to desire God and your heart will be satisfied. If we truly believe that Jesus is the Bread of Life, and desire him as well, we will be truly satisfied, both mentally and spiritually. John 6:51 is important to me because it is proof that although God has been ‘with us’ from the beginning of time, he further incarnates His Son into something we can see, feel, and understand, not unlike a father stooping to help his children. Furthermore, he gives His Son for the life of the *whole* world, not just certain people. We receive a privilege no other creature on earth has so that after he dies for us, we can partake in its reward of heaven and remember his sacrifice again and again.

When Pope Francis says the Lord comes to give new meaning to our fragilities, he implies that when we receive Jesus, he gives us courage and purpose to overcome our human weaknesses and live out our faith. As Saint John Paul II said, “From the Eucharist comes strength to live out the Christian life and zeal to share that life with others.” The Eucharist strengthens our wills so that we can make moral choices. It gives us the grace we need to live for Christ, overcoming sin and resisting temptation. In addition, I feel that when we receive Jesus, he

gives us something to live for, if we truly believe it is Him that we are receiving. Even though we may be totally absorbed in our own blunders and flaws, we realize that there is, in fact, a steadfast, faithful God who loves us.

To me, the Eucharist is the fount of my faith and its most valuable aspect. St. John Vianney says, “If God had something more precious, he would have given it to us.” The Eucharist only proves how far God’s love for us will go. Each time I receive Communion, *my* love, trust, and belief in Jesus is reinforced a little more. Transubstantiation comes across to me as proof of God’s power and another way of showing his humility. Without it, there would be no Mass. The Catechism of the Catholic Church says, “The Eucharist is the source and summit of the Christian life.” The Mass itself proves this by giving us the whole purpose of our faith as well as our mission—to go out to all the world and be Christ’s presence in the world.