

# Eucharist Question and Answer

This document provides simple answers to common questions about the Eucharist.

**Question:** If the Eucharist is Jesus' Sacrificed Body and Blood, are we really supposed to eat Jesus' Body and drink His Blood because this seems unnatural?

**Answer:** Jesus has unlimited wisdom so he knew that people would be uncomfortable with this idea. That is why His Sacrificed Body and Blood becomes present under the appearances of bread and wine. This allows us to receive it in a way that is respectful to Jesus' Sacrifice and does not seem unnatural to us.

**Question:** If I cannot see any change when the bread and wine become the Eucharist, how can I believe that it really does change?

**Answer:** Because this change cannot be seen, many people don't believe that it happens. In the same way that believing in God and Christianity requires faith, believing that the Eucharist is Jesus' Sacrificed Body and Blood requires faith. We would not need any faith if we could simply see this change happen. However, if we believe that this change happens even though we cannot see it, this shows that we truly trust and have faith in Jesus.

**Question:** Will Jesus' Body and Blood ever get all used up?

**Answer:** No. The flesh from Jesus' Sacred Heart that was pierced by the spear of the Roman soldier when Jesus' Body was on the cross and the resulting blood that poured out of Jesus' side will not get used up because they are Eternal and limitless in the same way Jesus is Eternal and limitless. This Perfect Sacrifice made by Jesus and His resurrection three days later were predicted by prophets hundreds of years earlier. So, it was always God's plan for Jesus to Sacrifice His Life for our sins and for His Sacrificed Body and Blood to be made available throughout all of eternity as spiritual nourishment for our souls to bring us closer to God.

**Question:** If I do not fully understand everything written in "Belief in the Eucharist" or it just seems very hard to believe, then why should I believe that the Eucharist is Jesus' Body and Blood?

**Answer:** Jesus turned water into wine, commanded Lazarus to rise from the dead and performed many other miracles. Jesus could perform these miracles because His Words have the Divine Power to bring into being what they declare. At the Last Supper, which was the First Eucharist, Jesus took bread and gave it to the apostles and declared "This is My Body...". So even if you do not yet understand or believe everything in "Belief in the Eucharist", the most important reason to believe that the Eucharist is Jesus' Body and Blood is because Jesus said so.