

Study Guide:

Words of Consecration:

The priest says over the bread, "Take this, all of you, and eat it. this is my Body which will be given up for you."

The priest says over the wine, "Take this, all of you, and drink from it. This is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in remembrance of me."

Transubstantiation:

Transubstantiation is a term which means that when the priest says the words of consecration at Mass, the bread and wine is changed in substance into the Body and Blood of Jesus Christ by the power of the Holy Spirit. No longer is the bread, bread; or the wine, wine; instead, they have changed although their characteristics remain the same.

Real Presence:

The Body and Blood of Jesus Christ in the Holy Eucharist is His real presence. When the bread and wine is changed by the power of the Holy Spirit, we do not mean that they have become the physical Body and Blood of Christ. Rather, we believe that Christ is fully present-- body, blood, soul, and divinity-- in the Holy Eucharist, and He gives us His life.

Why is the Mass a sacrifice?

The Mass is a sacrifice because it participates in the one, eternal, everlasting sacrifice of Jesus on the cross and His resurrection. Jesus did not mean for His death and resurrection to be one-shot events; rather, He meant for the effects to continue forever. The Mass lives in and continues on the mystery of Jesus' death and resurrection.

Why is the Mass a meal?

The Mass remembers the Last Supper, when Jesus did take bread and wine, said the words of consecration, and gave the apostles the Holy Eucharist for the first time. This was a meal. In Jewish society, to share food with someone created a spiritual bonding; those who shared food became like spiritual brothers and sisters, and had a bond of trust with each other. In the same sense, at Mass, the Holy Eucharist unites us as one Church giving us the food of Jesus. Therefore, we are brothers and sisters in Jesus.