

# IN SPIRIT AND TRUTH: THE MASS

## The Words of Consecration

This is article 13 of 21 of the Mass series

“For this is my body which will be given up for you.”

“For this is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many, for the forgiveness of sins...Do this in memory of me.”

The Institution Narrative recounts the incident of the Last Supper, in which Jesus instituted the Sacrament of the Eucharist by declaring the bread to be His Body and the wine to be His Blood. These words Jesus spoke are called the Words of Consecration, and when the priest speaks these same words in the person of Christ, transubstantiation occurs, by this we mean, the bread and wine are actually changed into the Body & Blood of Christ.

I know that some find it difficult to believe that bread and wine change into the Body and Blood of Jesus because we don't see any change in the bread or wine. The bread still tastes like bread and the wine still tastes like wine.

With our intellect, we can understand that God must be keeping the universe together, that God is the origin of everything, but reason will only take us so far. We need to add faith to our reason and intellect. We need to be humble and open to God performing a miracle every day in this church, the miracle of the Eucharist.

The same God who holds the universe is the same God who says, “This is my body given up for you, this is the chalice of my blood...” Can you add faith to your intellect? When you submit to God you will not lose anything, you will gain everything. There is a beautiful chant, “**Trust, surrender, believe, receive.**” Add faith to your reasoning and receive the love of God for you! The Eucharist is the gift of God's love for you.

This week's *In Spirit and Truth* is written by Fr. Ken