What do Catholics truly believe the Eucharist is?

What does Jesus say about it?

John Chapter 6: I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world...I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you...For my flesh is real food and my blood is real drink...If any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh."

The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.

- The Catholic Church has taught in the 2,000 years since Jesus founded His Church that after the Priest consecrates the Eucharist Jesus is really there (Body, Blood, Soul & Divinity), but under the appearance of bread and wine. In other words: It still looks like bread and wine, but has been changed by a miracle of God to be Jesus’ actual Body and Blood.

- ASK YOURSELF THIS: Did Jesus do miracles 2,000 years ago? YES. Can Jesus do miracles today? YES. Then if Jesus says it will happen then it will!

- If this is hard to imagine, think of the many things we experience every day that can’t be seen (such as; radiation, radio & TV signals, gravity, even our own thoughts or emotions). Just because something cannot be seen does not mean it isn’t real!

- Every time we say ‘Amen’ and receive The Eucharist we are saying with our entire mind and body that we agree with all the doctrines of the Church (from the infallibility of the Pope to what we believe about salvation, Mary, marriage, Purgatory, etc…). This is why non-Catholics are not allowed to receive communion in our Church (and we can’t receive in theirs). To do so implies we are in total agreement when we’re not.

‘Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For any one who eats and drinks without discerning the body eats and drinks judgment upon himself.’

1 Cor. 11:27