



“This Is My Body”

THE SHOCKING TRUTH

Jesus said, “Whoever eats my flesh and drinks my blood has eternal life.” This teaching was so shocking that many of his followers left at that moment! Jesus did not call them back to clarify, because he knew they understood correctly. He was actually telling them to eat his flesh and drink his blood.

As Catholics, we believe Jesus’ words literally, not symbolically. The substance of the bread and wine transform into the Body, Blood, Soul, and Divinity of Jesus Christ at every Mass. We call this miracle the Eucharist.



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