

## The Real Presence

The "Real Presence" of Christ does not end when we receive him at Mass under the appearance of bread and wine.

The great treasure of the Catholic Church is the Eucharist — **Jesus Himself hidden under the appearances of bread and wine.** We believe, as the *Catechism* states, that “In the most blessed sacrament of the Eucharist ‘the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really, and substantially contained*’”(CCC 1374).

**This Real Presence of Christ in the Eucharist does not end immediately when we receive him at Communion time.** The *Catechism* teaches “The Eucharistic presence of Christ **begins at the moment of the consecration and endures as long as the Eucharistic species subsist**” (CCC 1377).

What does that mean when we receive him into our mouths? **How long does Jesus’ Real Presence remain in our bodies?**

The *Catechism*’s statement says that the presence of Christ “endures as long as the Eucharistic species subsist.” 15 minutes is the general assumption.

Let us savor the presence of God and have a true “heart-to-heart” with Jesus after receiving Him. Let us feel His love within us and pray prayers of thanksgiving.