

- In the *Lord's Prayer*, Jesus asks God to “give us this day, our **daily bread...**”
- According to **Paragraphs 2830 to 2837** of the *Catechism of the Catholic Church*, this "**daily bread**" is not just the basic necessities we need to support our *physical life*.
  - This “Daily Bread” is also the SUPERNATURAL BREAD of Christ’s Body and Blood we consume to FEED and nourish our **SPIRITUAL LIFE!**
  - **CCC 2830:** "Our bread": The Father who gives us life cannot not but give us the nourishment life requires - all appropriate goods and blessings, both material and spiritual. (*The Catechism of the Catholic Church*, <https://www.usccb.org/sites/default/files/flipbooks/catechism/680/> )
  - **CCC 2837:** "Daily" (*epiousios*) occurs nowhere else in the New Testament. Taken in a temporal sense, this word is a pedagogical repetition of "this day,"(128) to confirm us in trust "without reservation." Taken in the qualitative sense, it signifies what is necessary for life, and more broadly every good thing sufficient for subsistence. Taken literally (*epi-ousios: "super-essential"*), it refers directly to the Bread of Life, the Body of Christ, the "medicine of immortality," (*The*

*Catechism of the Catholic Church,*

<https://www.usccb.org/sites/default/files/flipbooks/catechism/682/> )

- The Catechism also goes on to say that we not only *feed our Soul* with the *Eucharist*, we also feed our Soul with the **WORD of GOD!**
  - **CCC 103:** The Church has always venerated the divine Scriptures just as she venerates the body of the Lord, since, especially in the sacred liturgy, she unceasingly receives and offers to the faithful the bread of life from the table both of God's word and of Christ's body. (*The Catechism of the Catholic Church, Dei Verbum EN 21,* <https://www.usccb.org/sites/default/files/flipbooks/catechism/32/> )
- How can **“words”** *feed our Soul*?
  - Because WORDS “stick” in our **Soul** just as food sticks to our *bones!*
- When we hear something that is TRUE, it becomes part of our SOUL. We write this TRUTH on our hearts and feel WHOLE and COMPLETE knowing that something is TRUE!
- When we do not know the Truth about something, it bothers us. Our Mind and Soul cannot rest until we know that TRUTH of a matter, or what makes sense in the world.

- **TRUTH...** brings *INNER-PEACE* to our Mind and Soul!
- Because **JESUS** said he is “the *Way, the Truth and the Life*” we know that the **REAL PRESENCE** of Christ is also contained in the *TRUTH* of his words.
- This is why he has given us **both** his *Words*, and his *Supernatural Flesh*—the Eucharist! —to feed our Body, Mind and Soul!
- This is why he will say later on in **Ch. 6** of John’s record of the Gospel, “*I am the bread of life!*” (v.35)
- JESUS is the “Bread of Life” because he feeds us with his **REAL PRESENCE** in his **Words** and **Flesh** so we can know that **HIS very LIFE** lives and grows in us,
  - helping us to live according to ALL of the teachings of GOD, just as **HE** lived according to ALL of the teachings of GOD!
- The TRUTH is... we **CANNOT** become “HOLY” just as HE was Holy without Christ’s *Words* and *Supernatural Life* living and growing in us.
- This is **WHY** he gave us his **REAL PRESENCE** in his Words and Flesh in the first place!

- If they were *not important* he would have never given them to us and COMMANDED us to “feed our Soul” with **BOTH!**
- When does he say this?
- Jesus said this in **Ch. 4** of Matthew’s record of the Gospel when he says:
  - “It is written, man *does not live on bread alone*, but on every **WORD** that comes from the Mouth of God!” (v.4)
  - Jesus was quoting **Ch. 8** of the *Book of Deuteronomy* (v.3)
- Again, Jesus wants to FEED our SOUL with his Divine life! And his *life* lives in the **Words** he spoke, and his **Body** and **Blood**.
- **In fact....** *John the Evangelist* tells us in the very **1<sup>st</sup> Chapter** of his record of the Gospel that JESUS was the “**WORD**” who became “**Flesh**” and dwelt among us (Jn 1:14).<sup>1</sup>
- No one had ever **seen God** in all His glory before Jesus came into the World. Moses and some others **heard** the *VOICE of God*—the “**WORD**” of God—but GOD had never appeared before them in all His Glory—

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<sup>1</sup> “And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.” (John (RSV) 1:14)

- until God appeared to us through His Son, Jesus Christ!<sup>2</sup>
- Through His Son, God the Father walked among us in the **FLESH** as He spoke His **Words of Truth** for what we must do to be guaranteed Eternal Life with him!
- And because Jesus **proved** he was **ETERNAL** by his **Resurrection**, his **ETERNAL LIFE must** live in us if we are to live with him in Heaven one day!
- This is why **JESUS** emphasizes the importance of us *Feeding our Soul* with his *Real Presence* contained in His **Words** and **Supernatural Flesh** and **Blood!**
- Later on, in **Ch. 6** of John's record of the Gospel, Jesus will tell us **4 X's** in a row, "unless you eat the flesh of the Son of man and drink his blood, you will have **NO LIFE IN YOU!**" (Jn 6:51-58)
- Again... when Jesus teaches us to pray and tells us to ask God to "*give us this day our Daily Bread,*"
  - he is talking about nourishing our Mind, Body and SOUL with his *Holy Words* and his *Holy Body* and *Blood!*

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<sup>2</sup> Ch. 33 of the Book of Exodus says Moses spoke "face to face" with God as a "man speaks with his friend," but this does not mean Moses actually saw the face of God while they were having a conversation. He was prevented from doing so because later on in Ch. 33 God says no one is allowed to see His face because no one can see His face and live (Ex 33:11-23). The most likely reason why people cannot not live after looking into the Face of GOD is that they would die from fear or realizing how un-holy they are compared to GOD. See, <https://christianity.stackexchange.com/questions/14081/did-moses-see-the-face-of-god>

- **Paragraph 2837** of the *Catechism* quotes a *reflection* by *St. Augustine* who explains **why** the *Real Presence* of Christ must live in us
  
- **St. Augustine** says:
  - “The Eucharist is our **daily bread**. The power belonging to this *Divine Food* makes it a *bond of union*. Its effect is then understood as **unity**, so that, gathered into his Body and made members *of him*, we may **BECOME** what we receive...
  
  - Or if I may *embellish St. Augustine*, “**WHO**” we receive!