

- In **Ch. 19** of Matthew's record of the Gospel, the young man kneels before Jesus and asks him, "Teacher, what good must I do to gain *eternal life*?" (Matthew 19:16-21)
 - Jesus replies, "If you wish to enter into *life*, keep the commandments..."—as in the *10 Commandments*!
- So why do so many choose to break the *3rd Commandment* which says, "Remember to keep holy the Lord's Day?"
 - Don't they want to enter into *eternal life* in God's Heavenly Kingdom like the young man did?
- In **Ch. 6** of John's Gospel, Jesus tells his disciples that "unless you eat the flesh of the son of Man and drink his blood you will have no life in you!"
 - Jesus says this *FOUR times* in a row so they are clear that he is serious!
- The first lesson for us to understand about why Jesus is so serious about this is because he is testing our *Faith* and *Obedience* in him.
- He knows many of the people do not fully understand what he just said. That's why John 6 also says that "many of his disciples walked away from him..." (John 6:66)

- That's exactly what the Devil wants us to do—walk away from Jesus...
 - The Devil knows the Divine Life of Jesus lives in the Eucharist. That's why he doesn't want us consuming the *Eternal Life* of our Lord.
- Btw, have you ever noticed that the "chapter and verse" of when people walked away from Jesus in John's Gospel is Chapter 6, verse 66?" (John 6:66)
- I always think of this when I hear someone leaving the Catholic Church because they claim they're not being "Spiritually fed."
- How much more do you need to be fed than being guaranteed of receiving the *Divine Life* of Christ in you!?
- As I said, the first lesson here to understand is that Jesus is testing our *Faith* and *Obedience* in him.
- When Jesus turns to the Twelve Apostles and asks them, "Do you also want to leave?"
 - Peter replies, "Master, to whom shall we go? You have the words of *eternal life*. We have come to *believe* and are *convinced* that you are the Holy One of God" (John 6:67-69).

- Peter got it right! He demonstrated his *faith* and *obedience* in Christ trusting that he knew more than he did about what he must do to have the Divine Life of God living in him.
 - At the *Last Supper*, the Apostles will finally begin to realize what Jesus meant.
- The *Last Supper* marks the end of *one covenant—the Passover*—and the beginning of a *new covenant—the Holy Mass* (Luke 22:14-19).
- Just as a lamb was sacrificed in the *Old Testament* as a sin-offering to God for the *atonement* of our sins, (Leviticus 4:1-5; 6:24-30; Numbers 15:22-31; Exodus 29:36)
 - Jesus will make himself the *sacrificial lamb* at the *Last Supper* who takes away the sins of the world! (John 1:29)
 - The Apostles will be reminded that according to the tradition of the Passover meal, they must "eat the lamb" in order to be spared from the Angel of Death. (See, Exodus Ch. 12)
- They will also recall how Jesus told them that he is the "bread of life!" (John 27-59)

- The Spiritual Life of Christ alive in the Eucharist after being consecrated by the *Holy Spirit* during Mass is how we will be assured that the *Eternal Presence* of our Lord living in the Holy Eucharist is now living in us when we eat "*the lamb of God...*"¹
- This is why Jesus says, "Truly, truly, I say to you, he who *believes* has eternal life... *unless* you eat the flesh of the son of Man and drink his blood you will have *no life* in you!" (John 6:47-59)
- Jesus wants to feed *our* supernatural life—*our SOUL*—with his Supernatural Life. This is why he has given us his *Holy Word* and his *Holy Sacraments* to feast on.²
 - Just as we charge our "smart phones" with energy each day so they will "live on," God wants to charge our Soul with *His Divine Life* so we will "live on."
- Think about it... we feed our bodies several times a day and we know they will break down and die.
 - How much more important is it to "*feed our Soul*" which was designed to last forever!

¹ For a better understanding of the *Real Presence* in the Eucharist, please see the homily on my website titled, "The "Real Presence" of Jesus in the Eucharist is REAL! Here's Why..." <http://www.thejesuspeace.com/homilies-by-fr-mark.html>

² "...the Church has always venerated the Scriptures as she venerates the Lord's Body. She never ceases to present to the faithful the bread of life, taken from the one table of God's Word and Christ's Body.(66) (1997 Catechism of the Catholic Church (CCC 103).

- In the *Lord's Prayer*, Jesus says, "Give us *this day* our **daily** bread..." The "daily bread" he is talking about is his own Body and Blood—*the Eucharist!*
- And just as God rained down *manna* and *flesh* in the desert every day for the Hebrews to survive, (Exodus 16:4-15)
 - Jesus is going to give us his flesh—*the Bread of Life*—every day in the Mass so we can FEED OUR SOULS with bread that gives us eternal life with him!
- This is why **Paragraph 2837** of the *Catechism of the Catholic Church* encourages us to receive the Eucharist *every day* if possible. It 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...." (CCC 2837)³

³ (CCC 2837) "Daily" (epiousios) occurs nowhere else in the New Testament... Taken literally (epi-ousios: "super-essential"), it refers directly to the *Bread of Life*, the *Body of Christ*, the "medicine of immortality," without which we have no life within us.(John 6:45-59). Finally in this connection, its heavenly meaning is evident: "this day" is the Day of the Lord, the day of the feast of the kingdom, anticipated in the Eucharist that is already the foretaste of the kingdom to come. For this reason it is fitting for the Eucharistic liturgy to be celebrated each day.

- Now some of you may have heard that we "only need to receive the Eucharist once a year..." This is what **Paragraph 1389** of the Catechism says.
- HOWEVER, this is meant for those who are *ill* or *homebound* and not able to come to Mass.
 - They should make it a point to let someone know they want to receive the Eucharist so our Lord can be brought to them.
- The truth is, the same Paragraph, number **1389** also says at the end of it:
 - "...the Church **strongly** encourages the faithful to receive the holy Eucharist on Sundays and feast days, or more often still, even daily..."
- Again, "*give us this day our **DAILY BREAD!***" (Matthew 6:11)
- Now of course, the Church doesn't require us to come to Mass every day, but it does require us to "Keep holy the Sabbath" which is the "Lord's day."
- Again, this coincides with Jesus' teachings that we must "keep the commandments" if we are to enter into eternal life! (Matthew 19:16-21).

- Jesus said what he meant, and *MEANT* what he said. Jesus is *not* a liar.
- If we miss Mass on the weekends—unless we have a very good reason due to sickness or some other emergency—it is a *MORTAL SIN*.
- This is what **Paragraph 2181** of the Catechism says about that:
 - “The Sunday Eucharist is the foundation and confirmation of all Christian practice. For this reason the faithful are obliged to participate in the Eucharist on *Days of Obligation*, unless excused for a serious reason (for example, illness, the care of infants). Those who deliberately fail in this obligation commit a ***grave sin...***”
- "Grave matter," of course, is one of the three necessary conditions for committing a *Mortal Sin*—the other two are:
 - complete consent of the will, and full knowledge of the sinful character of the act, or omission. (CCC 1857)⁴
- Many do not know that it is a *Mortal Sin* to miss Mass on Sundays and Holy Days of Obligation.

⁴ CCC 1857 For a sin to be mortal, three conditions must together be met: "Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent."131

- That is why I am going to post this Homily on my website, "[The Jesus Peace.com](http://TheJesusPeace.com)" so you can print it out and pass it on to as many people possible who routinely miss Mass.
- When you get to "[The Jesus Peace.com](http://TheJesusPeace.com)" just look in the left hand column for a link that says, "[Homilies by Fr. Mark...](#)"
- According to Sacred Scripture, if we do not spread the Truth of Jesus and his Church,
 - then **WE** will be held accountable for not trying to lead our brothers and sisters back into *right-relationship* with Christ... (Ezekiel 33:7-12; Galatians 6:1; James 5:19-20; 2 John 1:9).
- Think about this... we feed our bodies three and four times a day and we know they will fade away and die one day;
 - how much more important it is to "*Feed our Soul*" which was designed to last forever as long as we nourish it with the Divine Life of Christ?
- The words I speak to you are "SPIRIT and LIFE!" (John 6:63). How do I know this?
 - Because they're the words of Jesus Christ, and Jesus is **NOT** a liar!