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68. What is the Holy Eucharist?

The Holy Eucharist is the Sacrament which contains the Body and Blood, Soul and Divinity, of our Lord Jesus Christ under the appearances of bread and wine.

69. When does Jesus Christ become present in the Holy Eucharist?

Jesus Christ becomes present in the Holy Eucharist during the Sacrifice of the Mass.

LESSON 16: On the Ends for Which the Holy Eucharist was Instituted

Holy Communion is the receiving of Our Lord, Jesus Christ, in the Sacrament of the Holy Eucharist.

To make a good Holy Communion we must:

1. Be free from mortal sin;
2. Have the right intention;
3. Obey the laws of the Church on fasting before Holy Communion.

We should pray Acts of Faith, Hope, Love, and Contrition before we receive Holy Communion.

After Holy Communion, we should remember to do four things:

1. Spend some time adoring Our Lord;
2. Thank Him for coming to us;
3. Promise to love and obey Him;
4. Ask Him for blessings for ourselves and for others.

It is good to receive Holy Communion often, even daily.

This close union with Jesus Christ is the greatest help to a holy life.

Receiving Holy Communion is the best way to become a saint.

