

## **“Two Minute Teaching” on the Mass**

05-01-2016 – **Consecration**

After we ask the Father to send the Holy Spirit over our gifts of bread and wine, Jesus in the person of the priest says the words of the Last Supper on Holy Thursday over the bread “... take and eat... this is my body” and over the wine “... take and drink ... this is my blood” (Mt. 26: 26-28).

Catholics believe that the blessed bread and wine is not just a symbol but the real presence of the body and blood of Jesus. We use the theological term transubstantiation, which means the outside of the bread and wine continues to look, feel and taste like bread and wine, but the inside of the bread and wine are substantially changed into the body and blood of Jesus.

We believe this because Jesus said so. God’s word has power. Through His word, the world was created. Jesus is God and His Word has power. Jesus said to the sick “be healed” and so it came to be. Jesus said to the dead “Lazarus, come forth” and so it came to be. Jesus said “this is my body and my blood” and so it comes to be.

The priest then proclaims this to be “the mystery of faith” and the people make an act of faith in song.