



# KEEP ME COMPANY FOR 15 MINUTES

## Our Lady to Sr. Lucia, 10<sup>th</sup> December 1925

### First Saturday of the Month



## The Fifth Luminous Mystery

### The Institution of the Holy Eucharist

*A guarantee of Paradise*

#### Introduction:

Let us make our reparatory devotion of the First Saturdays, in response to the request of the Immaculate Heart of Mary at Pontevedra. We will meditate today on the 5th Luminous Mystery: The Institution of the Holy Eucharist.

“I am the living bread descended from Heaven,” said Our Lord Jesus Christ, promising himself as food for our soul. At the Last Supper, before leaving to carry out his redemptive mission, He performed the miracle of transubstantiation, transforming bread and wine into his most precious Body and Blood, and gave them to the Apostles as food for the soul. We all can and must benefit daily from the institution of the Sacrament of the Eucharist.



*“The Last Supper”  
Crespi*

#### Meditation Setting

For our Meditation setting, let us imagine the Upper Room, the Cenacle, where Jesus and the Apostles held the Last Supper. The Master is reclining at a large table, with the bread and chalice with wine in front of him. With great solemnity, Jesus consecrates the bread and wine which thus become his flesh and blood. Then we see Him offering the Apostles the First Eucharist in history. Nearby, Our Lady and the holy women accompany the memorable dinner.

#### Preparatory Prayer

O Most Holy Virgin of Fatima, intercede for us to the Sacred Heart of Jesus. Grant us the necessary graces to meditate well on this mystery of the Institution of the Holy Eucharist. You, Mother, who were the first worshipper of the Blessed Sacrament and model of the Eucharistic soul, grant us a portion of your love for this august Sacrament, so that by we become more devoted to this divine food for our souls. Amen

**Gospel of Saint Matthew, 26, 26-29:**

“While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.” Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.”



***“The Last Supper”***  
*Huguet*

**I - EUCHARISTIC HEART OF JESUS**

What else could Jesus have given us? This is the question that we can ask ourselves when considering the Mystery of the Holy Eucharist. Through this mystery, Christ became food and drink so that we could participate in his own divine life. He descends from the heights of Heaven to take on the substance of bread and wine, so as to elevate us to the fellowship of God.

**1. A miracle renewed every day on our altars**

The Institution of the Eucharist is not something symbolic or representative. The words of Jesus are very clear, and prove that He is present in the consecrated host in body, blood, soul, and divinity: “This is my body; this is my blood, the blood of the new covenant...”. These assertions of Jesus depended neither on the faith or understanding of the apostles. It is Jesus who is committed in the Eucharist to giving us bread as his body, and wine as his blood. He alone can work this stupendous miracle.

Today, and every day, during Mass, it is the ordained priest who speaks the words of Jesus, but it is not he who gives them meaning and reality. It is always the Risen Jesus who renews, through the priest’s words, the same miracle that He performed on Holy Thursday night. Therefore, the Church celebrates at Corpus Christi feasts this permanence of Jesus’ presence in the consecrated Host, a source of countless graces for all of us.

**2. Constantly accessible to us**

In fact, in the Eucharist, Jesus is always available to satisfy spiritual hunger, enlighten souls, accept the pleas and prayers of all who seek his aid, help and inspire each one of us, protect and defend people against the devil’s attacks, and comfort them in the setbacks of life.

Under the simplicity of the form of bread, Christ reveals all his power and his divinity. It is the greatest aid that He has left us to ensure that we remain steadfast in faith. Through the Eucharist, Christ comes to dwell in us, and, with his infinite holiness, strengthen us and lead us to our own sanctification.

### **3. We must benefit from this Mystery**

In this meditation we are invited to progress in the love and adoration of the Blessed Sacrament, in deepening our piety, and in devotion to the Sacred Eucharistic Heart of Jesus. This is to our great advantage, as nothing can comfort us more than the Eucharist. Let us consider, then, how lively our Eucharistic piety is, and ask Our Lady of the Blessed Sacrament for the grace to grow fervently in devotion to Jesus, and to never miss the opportunity to communicate with great faith, hope and love. Eucharistic heart of Jesus, source of all consolation, have mercy on us!



## **II - JESUS WILLS TO GIVE US THE GUARANTEE OF PARADISE**

This meditation should lead us to consider, and to be thankful for, the immense gift that the Lord has left us and gives us each day, in his Body and Blood, which are a very precious nourishment for our eternal salvation.

### **1. To receive communion is to be nourished by the life of Christ**

Just as there is a biological law that governs our human condition, according to which one needs to eat, to live, so also our spiritual life needs to be nurtured and cared for, to grow and be fruitful. In the Eucharist, Jesus reveals all his love for men and his desire to indulge them with true food, that is, his own life, his body delivered as the Bread of Life, his blood shed as the blood of the Covenant.

Thus, to receive communion is to be nourished by the life of Jesus and enriched by his own strength. Just as we eat to live, we share in the Eucharist so to live as Jesus' disciples.

### **2. The ultimate degree of love for men**

All the saints have been great devotees of the Blessed Sacrament. Saint Alphonsus de Liguori thus declares: "You, Jesus, leaving this world, what have you left us in memory of your love? Not a garment, a ring, but your body, your blood, your soul, your divinity, yourself, all, without reservation. The Eucharist is not only a guarantee of the love of Jesus Christ, but also a guarantee of the paradise He wills to give us."

And St. John Chrysostom said: "He has mingled his body with ours that we may be one, as body joined to head," and also, "By partaking of the body and blood of Christ you become one body and one blood with him."

In turn, Saint Bernadine of Siena observed: "The last degree of love is when He gave Himself to us to be our Food; because He gave Himself to be united with us in every way."

### **3. Is the Eucharist really vital for us?**

What would we be missing if we did not have the Eucharist? Is the Blessed Sacrament truly vital for us? Are we able to perceive the greatness of this Sacrament and to evaluate all that it produces in our souls? And how do we go about worshipping the Sacred Heart of Jesus in the Blessed Sacrament? Do we often practise Eucharistic adoration, so as to offer him the assurance of our love and our devotion to Him?

### III - MARY, MODEL OF THE EUCHARISTIC SOUL

Let us now turn to Mary Most Holy, our perfect model of the Eucharistic soul. Through her divine motherhood, which she consented to at the moment of the Angel's Annunciation, She brought us Jesus from Heaven to earth. When we receive communion, we must ask that through her, Jesus may come to us and make his home in our hearts.

#### 1. First and most perfect worshipper of the Incarnate Word

Saint Peter Julian Eymard, founder of the Congregation of the Blessed Sacrament, exalted with great fervour the role of Our Lady in relation to the Holy Eucharist. Referring to Our Lady, he taught:

"Here is my model, my Mother: Mary, first adorer of the Incarnate Word in her bosom! Evaluate, if you can, the adoration, the homage, the affection of Mary towards her divine Son at birth! What a beautiful monstrance Mary is, carefully manufactured by the Holy Spirit himself! This is the monstrance of the newborn Word! This is the channel through which Jesus comes to us!

#### 2. Receiving Jesus through Mary: the best thanksgiving

The Word became flesh: this is the glory of Mary! The Word became bread of man: this is our glory! - says the same Saint Peter Julian Eymard.

The mystery of Incarnation that took place in Our Lady, takes place also, in a certain way in us, now at Holy Communion, when Jesus, under the species of bread, dwells in each one of those who receive Him. At that instant, we also become the monstrance of the God Incarnate.

Just as in Mary the Word was united to human nature, so through the Eucharist it becomes united to all men. Let us think of this close union between the Mother and the Son, and through the Bread of Life let us resolve to always receive communion in union with Our Lady.

Adoring Jesus present in us, in union with Mary, is the surest way for us to give him a grateful reception, which will be, at the same time, a source of abundant graces for us.

### Conclusion

As we conclude this meditation, let us raise our eyes to Mary, our model of devotion to the Blessed Sacrament. May she, whose Immaculate Heart burns continually in love and adoration for the Incarnate Word present in the Eucharist, may the grace come to us to imitate Her in this adoration and in that love.

Let us ask Our Lady to make each of us very much devoted to the Sacred and Eucharistic Heart of Jesus and make us understand well the inexhaustible treasure of graces and heavenly gifts that we have within our reach in the consecrated Host.

May our divine Mother strengthen us more and more in union with Jesus present in the Eucharist, until the day when we will be definitively united with Him and Her, in eternal bliss. Amen.

