

Some Bible Verses and Quotes about The Eucharist and Adoration of the Blessed Sacrament:

“I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.’ The Jews quarreled among themselves, saying, ‘How can this man give us his flesh to eat?’ Jesus said to them, ‘Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.’” - **John 6:51-58**

“Then he took the bread, said the blessing, broke it, and gave it to them, saying, ‘This is my body, which will be given for you; do this in memory of me.’ And likewise the cup after they had eaten, saying, ‘This cup is the new covenant in my blood, which will be shed for you.’” - **Luke 22:19-20**

“The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.” - **1 Corinthians 10:16-17**

“For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, ‘This is my body that is for you. Do this in remembrance of me.’ In the same way also the cup, after supper, saying, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.” - **1 Corinthians 11:23-26**

“God rained manna upon them for food; grain from heaven he gave them. Man ate the bread of angels; food he sent in abundance.” - **Psalms 78:24-25**

“Jesus said to them, ‘I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.’” - **John 6:35**

“They (the first Christians) devoted themselves to the teaching of the Apostles and to the communal life, to the Breaking of the Bread and to the prayers.” - **Acts of the Apostles 2:42**

“Blessed are those who have been called to the wedding feast of the Lamb.” - **Revelation 19:9**

“The Eucharist is the source and summit of the Christian life.” - **Catechism of the Catholic Church 1327**

“Because Christ himself is present in the sacrament of the altar, he is to be honored with the worship of adoration. To visit the Blessed Sacrament is... a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord.” - **Catechism of the Catholic Church 1418**

“For not as common bread and common drink do we receive these; but in like manner as Jesus Christ our Savior, having been made flesh and blood for our salvation, so likewise have we been taught that the food which is blessed by the prayer of His word, and from which our blood and flesh by transmutation are nourished, is the flesh and blood of that Jesus who was made flesh.”

- **St. Justin Martyr**

“The guest of our soul knows our misery; He comes to find an empty tent within us - that is all He asks.” - **St. Therese of Lisieux**

“When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now.” - **St. Teresa of Calcutta**

“Since Christ Himself has said ‘This is My Body,’ who shall dare to doubt that It is His Body?”

- **St. Cyril of Jerusalem**

“We must always have courage, and if some spiritual languor comes upon us, let us run to the feet of Jesus in the Blessed Sacrament, and let us place ourselves in the midst of the heavenly perfumes, and we will undoubtedly regain our strength.” - **St. Padre Pio**

“This is the wonderful truth, my dear friends: The Word, which became flesh two thousand years ago, is present today in the Eucharist.” - **St. John Paul II**

“Christ is both the priest, offering Himself, and Himself the Victim. He willed that the sacramental sign of this should be the daily sacrifice of the Church.” - **St. Augustine**

“I urge you with all the strength of my soul to approach the Eucharist Table as often as possible.”

- **Blessed Pier Giorgio Frassati**

“The Eucharist is the Sacrament of Love; It signifies Love, It produces Love. The Eucharist is the consummation of the whole spiritual life.” - **St. Thomas Aquinas**

“Enrich your soul in the great goodness of God: The Father is your table, the Son is your food, and the Holy Spirit waits on you and then makes His dwelling in you.” - **St. Catherine of Siena**

“If angels could be jealous of men, they would be so for one reason: Holy Communion.”

- **St. Maximilian Kolbe**

“We should consider those moments spent before the Blessed Sacrament as the happiest of our lives.” - **St. John Vianney**

“O King of glory, though you hide your beauty, yet the eye of my soul rends the veil. I see the angelic choirs giving you honor without cease.” - **St. Faustina**

