

Bread from Heaven

A Collection of Eucharistic Quotations for Evangelization

POPE JOHN PAUL II: "The best the surest and the most effective way of establishing everlasting PEACE on the face of the earth is through the great power of Perpetual Adoration of the Blessed Sacrament."

MOTHER TERESA: "When you look at the crucifix, you understand how much Jesus loved you. When you look at the Sacred Host, you understand how much Jesus loves you NOW! This is why you should ask your parish priest to have Perpetual Adoration in your parish... I beg the Blessed Mother to touch the hearts of all parish priests that they may have Perpetual Eucharistic Adoration in their parishes, and that it may spread throughout the entire world!"

January

"Today solemn exposition of the Blessed Sacrament is the grace and need of our time. Society will be restored and renewed when all its members group themselves around our Emmanuel," St. Peter Julian Eymard

"It is not to remain in a golden ciborium that He comes down each day from Heaven, but to find another Heaven, the Heaven of our soul in which He takes delight," St. Therese of Lisieux

"If we but paused for a moment to consider attentively what takes place in this Sacrament, I am sure that the thought of Christ's love for us would transform the coldness of our hearts into a fire of love and gratitude," St. Angela of Foligno

"Hidden God, devoutly I adore Thee, truly present beneath these veils: all my heart subdues itself before Thee, since all before Thee faints and fails," Adoro Te Devote

February

"Our Lord in the Blessed Sacrament has His hands full of graces, and He is ready to bestow them on anyone who asks for them," St. Peter of Alcantara

"Nowhere does Jesus hear our prayers more readily than in the Blessed Sacrament," Blessed Henry Suson

"To be alone with Jesus in adoration and intimate union with Him is the Greatest Gift of Love - the tender love of Our Father in Heaven," Mother Teresa

"You must open a little, or rather raise on high your corolla so that the Bread of Angels may come as divine dew to strengthen you, and to give you all that is wanting to you," St. Therese

"By His Eucharistic presence, Christ dwells in our midst. Out of love He has enriched the Church with His unceasing presence. As God in former days dwelt in the temple of Jerusalem, He now lives in our churches and chapels. He invites us to remain in close contact with Him. Through Eucharistic adoration we concentrate our attention on Him as we yield to the fascination of His invisible gaze. Opening our heart, we entrust all our petitions to Him," Jean Galot, S.J.

March

"Because his faith was so strong, Joseph's mind and heart bowed in perfect adoration. Imitate his faith as you kneel before the humble Christ annihilated in the Eucharist. Pierce the veil which covers this furnace of love and adore the hidden God," St. Peter Julian Eymard

"The Eucharist engages us unreservedly; it is a pact of love, an alliance signed in the deeper recesses of our being. All our potentialities are called upon to warrant the protection and fulfillment of this pact," from Francois Mauriac's Holy Thursday: An Intimate Remembrance.

"If Christ did not want to dismiss the Jews without food in the desert for fear that they would collapse on the way, it was to teach us that it is dangerous to try to get to heaven without the Bread of Heaven," St. Jerome

"In Cana of Galilee Christ changed water into wine, and shall we think Him less worthy of credit when He changes wine into His Blood?," St. Cyril of Jerusalem

April

"We adore Thee most holy Lord Jesus Christ, here in all Thy Churches, which are in the whole world, because by Thy holy cross, Thou hast redeemed the world," St. Francis

"Do you want many graces? Go and visit the Blessed Sacrament often. Do you want few graces? Visit the Blessed Sacrament rarely. Do you want none at all? Then never pay a visit to the Blessed Sacrament," St. Dominic Savio

"Before the coming of Jesus Christ, men fled away from God and, being attached to the earth, refused to unite themselves to their Creator. But the loving God has drawn them to Himself by the bonds of love, as He promised by the prophet Osee [Hosea]: "I will draw them with the cords of Adam, with the bonds of love" (11:4). These bonds are the benefits, the lights, the calls to His love, the promises of Paradise which He makes to us, but above all, the gift which He has bestowed upon us of Jesus Christ in the Sacrifice of the Cross and in the Sacrament of the Altar..." St. Alphonsus Maria Ligouri

"This God who, as the psalmist said, built His tabernacles in the sun, now establishes Himself in the very core of the flesh and the blood," Francois Mauriac

May

"Come to the foot of the altar. Here graces will be showered on all, great and little, who ask for them. Graces will be especially showered upon those who ask for them," words of Our Lady of the Miraculous Medal to St. Catherine Laboure.

"When we go before Jesus on the altar, we always find Him 'with Mary His Mother,' as the Magi did at Bethlehem (Mt. 2:11). And Jesus in the sacred Host, from the altar of our hearts, can repeat to each one of us what He said to St. John the Evangelist from the altar of Calvary, 'Behold thy Mother' (Jn 19:27),"

Jesus, Our Eucharistic Love, by Fr. Stefano Manelli, O.F.M.

"The message of all the Marian apparitions, both past and present, is that the triumph of the Immaculate Heart of Mary will culminate in the Eucharistic reign of the Sacred Heart of Jesus. This Eucharistic reign will come through perpetual adoration of Jesus in the Blessed Sacrament," *From "Fire from Heaven."*

"Christ held Himself in His hands when He gave His Body to His disciples saying: 'This is My Body.' No one partakes of this Flesh before he has adored it,"
St. Augustine

"How can this come about?" Mary asked. "The Holy Spirit will come upon you," the angel answered, "and the power of the Most High will cover you with its shadow." And now you are the one who puts the question: "How can bread become Christ and wine His Blood?" I answer: "The power of the Holy Spirit will be at work to give us a marvel which surpasses understanding," St. John Damascene

June

Since Christ Himself said in reference to the bread: "This is My Body," who will dare remain hesitant? And since with equal clarity He asserted: "This is My Blood," who will dare entertain any doubt and say that this is not His Blood?... You have been taught these truths. Imbued with the certainty of faith, you know that what seems to be bread is not bread but the Body of Christ, although it seems to be bread when tasted. You also know that what seems to be wine is not wine but the Blood of Christ although it does taste like wine. -From a catechetical instruction given by Saint Cyril of Jerusalem for his successor John in the 4th century.

"O Jesus, You instituted this Sacrament, not through any desire to draw some advantage from it for Yourself, but solely moved by love which has no other measure than to be without measure. You instituted this Sacrament because Your love exceeds all words. Burning with love for us, You desired to give Yourself to us and took up Your dwelling in the consecrated Host, entirely and forever, until the end of time," St. Angela of Foligno

"The Eucharist is at the very center of our life; such was the teaching of Jesus. When commenting on the miracle of the multiplication of the loaves He told His apostles that He Himself is the Living Bread that came down from heaven. He called on the twelve for an act of faith and it was Peter who answered in the name of all: 'Lord, to whom shall we go? You have the words of everlasting life. We have come to believe and know that you are the Holy One of God' (John 6:69). Christian faith is faith in the Eucharistic Christ," Jean Galot, S.J.

In the Eucharist, Christ is truly present and alive, working through his Spirit; yet, as Saint Thomas said so well, "what you neither see nor grasp, faith confirms for you, leaving nature far behind; a sign it is that now appears, hiding in mystery realities sublime".(16) He is echoed by the philosopher Pascal: "Just as Jesus Christ went unrecognized among men, so does his truth appear without external difference among common modes of thought. So too does the Eucharist remain among common bread".(17) - #13 *Fides et Ratio*, Faith and Reason, Pope John Paul II.

July

"How many of you say: I should like to see His face, His garments, His shoes. You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also to be your food and nourishment,"
St. John Chrysostom

"Especially from the Eucharist, grace is poured forth upon us as from a fountain"
(*Sacrosanctum concilium*)

This (Blessed) Sacrament above all inflames the soul with divine love. "God is love (1Jn.IV,8)". And He is the fire which consumes in our hearts all earthly affections: "The Lord thy God is a consuming fire (Dt.IV,24)". Now the Son of God came precisely to kindle this fire of love: "I am come to cast fire in the earth"; and He added that He did not desire other than to see ignited this holy fire in our hearts: "and what will I, but that it be kindled? (Lk.XII,49)". And oh what flames of divine love Jesus Christ ignites in each one who devoutly receives Him!,"
St. Alphonsus Liguori

"O Lord, we cannot go to the pool of Siloe to which you sent the blind man. But we have the chalice of Your Precious Blood, filled with life and light," St. Ephrem

August

It is there in His Eucharist that He says to me: "I thirst, thirst for your love, your sacrifices, your sufferings. I thirst for your happiness, for it was to save you that I came into the world, that I suffered and died on the Cross, and in order to console and strengthen you I left you the Eucharist. So you have there all My life, all My tenderness," Mother Mary of Jesus, foundress of the Sisters of Marie Reparatrice

"Each time we look upon Jesus in the Blessed Sacrament,
He raises us up into deeper union with Himself,
opens up the floodgates of His merciful love to the whole world,
and brings us closer to the day of His final victory
"where every knee will bend and proclaim Jesus Christ as Lord".
"The reign of God is already in your midst."

The coming of Jesus to us in the Eucharist is assurance of His promise of final victory: "*BEHOLD, I COME TO MAKE ALL THINGS NEW,*"

Rosary Meditations from Mother Teresa of Calcutta. Loving Jesus With the Heart of Mary

"We do not sin when we adore Christ in the Eucharist; we do sin when we do not adore Christ in the Eucharist," St. Augustine

"Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfillment of the soul's deepest desires. May my heart always hunger for you, so that soul may be filled with the sweetness of your presence," Saint Bonaventure

September

"The Blessed Sacrament is indeed the stimulus for us all... Without the constant presence of our Divine Master upon the altar in my poor chapels, I never could have persevered casting my lot with the lepers of Molokai... I feel myself happy, well pleased, and resigned in the rather exceptional circumstances in which it has pleased Divine Providence to put me," Blessed Damien, Apostle of the Lepers

"Your faith will help you realize that it is Jesus Himself Who is present in the Blessed Sacrament, waiting for you and calling you to spend one special specific hour with Him each week," Pope John Paul II

"Jesus made Himself our food in order to assimilate us to Himself, to make us live His life, to make us live in Him, as He Himself lives in His Father. The Eucharist is truly the Sacrament of Union and at the same time it is the clearest and most convincing proof that God calls us and pleads with us to come to intimate union with Himself," Fr. Gabriel of St. Mary Magdalen, OCD

"The eternal tide flows hid in Living Bread. That with its Heavenly Life too be fed..." St. John of the Cross

"As the body cannot be sustained without corporal food, nor continue in natural life, so without this life-giving food the soul cannot persist in the spiritual life of grace," Dionysius the Carthusian

October

"My aim is to institute perpetual adoration" spoke St. Maximilian Kolbe, for he considered this "the most important work."

"What wonderful majesty! What stupendous condescension! O sublime humility! That the Lord of the whole universe, God and the Son of God, should humble Himself like this under the form of a little bread, for our salvation," St. Francis
"O Jesus in the Blessed Sacrament, I would like to be filled with love for You; keep me closely united with You, may my heart be near to Yours. I want to be to You like the apostle John. O Mary of the Rosary, keep me recollected when I say these prayers of yours; bind me forever, with your rosary, to Jesus of the Blessed Sacrament. Blessed be Jesus, my love..." Pope John XXIII, Journal of a Soul

"The Rosary, especially prayed in the presence of the Blessed Sacrament, is a powerful means of spiritual grace...May we rely upon the power of our Lord's presence in the Blessed Sacrament and the intercession of His Blessed Mother to guide and help us in fostering a greater respect for human life and an end to abortion in our society....," Most Reverend Thomas Daily, Bishop of Brooklyn

"I no longer take pleasure in perishable food or in the delights of this world. I want only God's bread, which is the Flesh of Jesus Christ, formed of the seed of David, and for drink I crave His Blood which is love that cannot perish,"

St. Ignatius of Antioch, Bishop and Martyr

November

"Neither theological knowledge nor social action alone is enough to keep us in love with Christ unless both are preceded by a personal encounter with Him.

Theological insights are gained not only from between two covers of a book, but from two bent knees before an altar. The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world," Archbishop Fulton J. Sheen

"Adore and visit Jesus, abandoned and forsaken by men in His Sacrament of Love. Man has time for everything except for visits to His Lord and God, Who is waiting and longing for us in the Blessed Sacrament," St. Peter Julian Eymard

"O Lord, how clear, how precise, how strong, how powerful are Your words. Hardly are the words pronounced: 'Woman, you are cured' - and she is cured immediately. 'This is My Body' - and it is His Body. 'This is My Body' - and it is His Body. 'This is My Blood' - and it is His Blood.

"Who can speak in that manner if not the One Who holds everything in His hand? Who can be trusted if not the One for Whom doing and speaking are one and the same thing? My soul, accept these words without reservation: believe as firmly as the Lord spoke. Believe with as much humility as He shows authority and power. The Lord wants to find in your faith the same simplicity which He put in His words," Bousset

"If I can give you any advice, I beg you to get closer to the Eucharist... We must pray to Jesus to give us that tenderness of the Eucharist," Mother Teresa

December

"...In this world I cannot see the Most High Son of God with my own eyes, except for His Most Holy Body and Blood," St. Francis

"The coming of Jesus at Bethlehem brought joy to the world and to every human heart. The same Jesus comes again and again in our hearts during Holy Communion. He wants to give the same joy and peace... Let us pray much for this grace of peace and joy in our own heart, in our communities, in our society and in the Church," Mother Teresa of Calcutta

"If He is within me
And I am in Him
Then where is the mystery
In the bread and the wine?
If He could become a child
Be human and yet divine
Then where is the mystery
In the bread and the wine?,"

From the song "He Is Truly Present", sung by Mary Welch Rogers

"God was not content with giving us His only Son once for all, willing Him to take flesh in the womb of a Virgin - flesh like ours, so that He might suffer and die for us on the Cross - but He wished Him to remain with us forever, perpetuating His real presence and His sacrifice in the Eucharist. Had we nothing but the Gospel... we would have only nostalgic memories; Jesus would no longer be with us, but only in heaven at the right hand of the Father... With what regret we would think of the thirty-three years of our Savior's earthly life passed centuries ago! Oh, how different the reality! The Eucharist makes the presence of Jesus with us a permanent one." - Divine Intimacy by Fr. Gabriel of St. Mary Magdalen, O.C.D.

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