

Why do some believers take the saying from the Eucharist literal this is my blood and body literally? The Bible does not state it's a parable or a metaphor and that Jesus really offers his blood and body at the last supper. Why do we Catholics believe it not in a literal sense?

Answer: When Jesus said at the Last Supper, “*This is my body*” and “*This is my blood*,” Catholics believe He was speaking literally. This belief is called the **Real Presence**—the teaching that during the Mass, the bread and wine truly become the **Body and Blood of Christ**.

This change is known as **transubstantiation**. It means that although the bread and wine still look and taste the same, their **substance** is completely changed into Jesus Himself. We may not see the difference with our eyes, but we believe it happens on a deeper, spiritual level.

This teaching comes from **Scripture, Tradition**, and the very words of Jesus. In the Gospel of John (6:51–58), Jesus says, “*I am the living bread that came down from heaven*” and “*Whoever eats my flesh and drinks my blood has eternal life*.” He didn’t say, “This represents my body,” but clearly stated, “*This is my body*.” Catholics take His words seriously and literally, unless there's a strong reason not to.

This is why the Eucharist is not just a symbol or a reminder—it is a **real participation in the sacrifice of Christ**. At every Mass, we believe we are truly receiving Jesus Himself, not just remembering Him.

While it may seem mysterious, the Church teaches that this is a **sacramental reality**—something that is both spiritual and real. The Eucharist is the heart of Catholic worship, and through it, we are united with Christ in the most profound way.

CCC 1323- “At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. A memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Paschal banquet”¹³³

1333 At the heart of the Eucharistic celebration are the bread and wine that, by the words of Christ and the invocation of the Holy Spirit, become Christ's Body and Blood.