

EPISODE 28 – The Mystery of Faith

1. How conscious are you of the awesome mystery on the altar after the consecration?
 - From my youth, first by my parents and then by my teachers at school, I was taught that the bread and wine were changed into the body and blood of Christ. So there on the altar was the presence of Jesus, body, blood, soul, and divinity. It is one thing to be taught this and to accept it, it is quite another to come to understand it, for it is a mystery. Do I fully understand this mystery today? No, I do not. To me it is like the mystery of the Trinity, I believe it, I profess it, I read and study the explanations of it by the saints, theologians, bible scholars, and others, but in it remains a mystery to me. In a similar way is my belief in the change of substance affected by the words of the ordained priest. Bread and wine have been changed into body and blood. Yes, I am conscious of the mystery, and I accept it and celebrate the depth of the love of God for me, for all of us.
2. How can we deepen our appreciation of the Real Presence of Christ?
 - What has helped me is to read and study the teachings of the Church, the writings of the Saints, and the enumerable documents and books on the real presence.
 - Most helpful has been to learn how to pray using Scripture with [Lectio Divina](#). This allows me to read, reread, explore the depth of meaning, express my thoughts and questions. Having done this I then take the time to listen, and God help me to understand. Sometimes the understanding is small and seemingly insignificant, but at other times it blossoms into understanding, joy, and hope.