

*substance of His body and blood, did the substance of bread and wine disappear?*

When Jesus Christ changed the substance of bread and wine into the substance of His body and blood, there remained only the appearances, that is the figure, color and taste of bread and wine.

90. *When Jesus Christ broke what He had changed into the substance of His body, was His body also broken?*

When Jesus Christ broke what He had changed into the substance of His body, His body was not broken, only the appearances of bread were broken.

91. *When Jesus Christ changed the bread into His body, was there only His body under the appearances of bread?*

When Jesus Christ changed the bread into His body, Jesus Christ was whole and entire under the form of bread, His body, His blood, His soul and His divinity.

92. *Why did Jesus Christ institute the Holy Eucharist?*

Jesus Christ instituted the Holy Eucharist to continue the sacrifice of the Cross, where He atoned for our sins, and to nourish our souls.

93. *Where now is the substance of bread and wine changed into the substance of the body and blood of Christ?*

At Mass the priest changes the substance of bread and wine into the substance of the body and blood of Christ, through the power he received from Christ.

94. *Has Mass, then, a great power with God?*

Yes, Mass is the most powerful of all prayers; at Mass we duly adore God, we duly thank Him, we duly satisfy for our sins, and we obtain from God all graces and blessings.

95. *Does Mass help the souls in Purgatory?*

Yes, Mass is very profitable to the souls in Purgatory.

96. *Why do you say Jesus Christ instituted the Holy Eucharist to nourish our souls?*

Because Jesus Christ instituted the Holy Eucharist to increase sanctifying grace and all virtues in our souls, to lessen our evil inclinations, to unite us with Himself.

97. *Do all who make Holy Communion receive the same graces?*

Those only who receive Holy Communion with the due dispositions

receive those graces. Those who make Holy Communion without the due dispositions, do not receive those graces, and commit a great sacrifice.

98. *How shall we prepare to receive Holy Communion?*

To receive Holy Communion we must be well prepared in soul and body.

99. *How shall we prepare our soul?*

By purifying our soul from all sins in a good confession, and by kindling in our hearts an ardent love for Jesus Christ.

100. *How shall we kindle in our hearts an ardent love for Jesus Christ?*

By acts of a lively faith, of firm hope, and ardent love, by fervent contrition and firm purpose to sin no more, and by a burning desire to receive Jesus Christ in Holy Communion.

101. *How shall we prepare our body?*

We must abstain from midnight from everything which is taken as food or drink, we must have our body clean and decently dressed, like persons who are invited to the presence of a great king.

102. *What should we do after Holy Communion?*

After Holy Communion we should solely think of Jesus Christ present in our hearts. After Mass we should not leave the church with the people who did not receive; we should remain some time to entertain Jesus Christ.

103. *How shall we entertain Jesus Christ after Holy Communion?*

We must adore Him present in our hearts; we must thank Him for all His blessings; we must ask Him to help us to persevere in His grace; we must renew our resolution to resist all temptations, and to avoid all occasions of sin; we must offer Him our heart, body and soul, to be consecrated entirely to His service; then we pray for the living and the dead.

104. *Is it good to desire to receive Holy Communion when we cannot actually receive it?*

Yes, it is very good to desire to receive Holy Communion when we cannot actually receive it. Jesus Christ answers our desire by coming to us and by pouring abundant graces in our hearts.