

Apostles, saying, "Take ye and eat, This is my body;" then he took the Chalice in which he poured some wine, blessed it, and gave it to His Apostles, saying to them, "Take and drink ye all of this. This is my blood. Do this for a commemoration of me."

88. *What happened when Jesus Christ said, This is my body, This is my blood?*

When Jesus Christ said This is my body, the substance of the bread was changed into the substance of his body; when He said, This is my blood, the substance of the wine was changed into the substance of His blood.

89. *When Jesus Christ changed the substance of bread and wine into the 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.