



**St. Mina Coptic Orthodox Church**  
**Pre-Service Training Seminars**



**Lecture 4:**

*THE SACRAMENT OF  
EUCCHARIST*

**“For God is not the author of  
confusion, but of peace”**  
(1 Corinthians 14:33)



# Overview of the Holy Sacraments



1. The Sacrament of Baptism
2. The Sacrament of Confirmation

3. The Sacrament of Eucharist



4. The Sacrament of Holy Orders (Priesthood)
5. The Sacrament of Repentance & Confession



6. The Sacrament of the Unction of the Sick
7. The Sacrament of Holy Matrimony



# Agenda

- ❖ References to the Sacrament
- ❖ The Meaning of the Sacrament
- ❖ The Institution of the Sacrament
- ❖ How do we view the Eucharist
- ❖ The function of the Sacrament
- ❖ The Benefits of the Sacrament
- ❖ Spiritual Requirements for receiving the Sacrament
- ❖ Physical Requirements for receiving the Sacrament
- ❖ Duties of the Priest towards the Sacrament





## References to the Sacrament

### ❖ Sacrament of the Eucharist

[Middle English **eukarist**, from Old French **eucariste**, from Late Latin **eucharistia**, from Greek **eukharistiā**, from **eukharistos**, **grateful, thankful** : eu-, eu- + kharizesthai, to show favor (from kharis, grace).]

### ❖ Sacrament of Holy Communion

### ❖ Sacrament of Thanksgiving

### ❖ The Lord's Supper

### ❖ The Mysterious Supper

### ❖ Sacrament of Community

### ❖ The Mystery of Mysteries





## The Meaning of the Sacrament



- ❖ The Sacrament of Communion is a Holy Sacrament by which the believer eats the Holy Body and the Precious Blood of Jesus Christ, presented by the Bread and Wine.
- ❖ This Sacrament has the greatest importance among the Seven Church Sacraments. It is sometimes called the '**Mystery of Mysteries**' or the '**Crown of Sacraments**'; for all the Sacraments are crowned by the Eucharist



## The Institution of the Sacrament

- ❖ The Lord Jesus instituted the holy Eucharist on Covenant Thursday, in the Upper Room.
- ❖ He rose and washed the feet of His disciples (Why?), then sat down and instituted the Passover of the New Covenant, which is the Sacrament of Holy Communion.
- ❖ *“He took bread, blessed it and broke it, and gave it to the disciples and said, ‘Take, eat, this is My Body’, then He took the cup and gave thanks, and gave it to His disciples saying, ‘Drink from it, all of you, for this is My Blood of the New Covenant, which is shed for many for the remission of sins’”* (Matthew 26:26-28)





## How do we view the Eucharist?

- ❖ The Holy Eucharist is **truly** the body and blood of Christ. It is not a symbol.
- ❖ As the celebrant says; "And He makes this bread into His Holy Body...and this cup also into the precious Blood of His New Covenant."
- ❖ The eleventh and twelfth centuries brought on the scholastic era leading the Catholic Church to come up with the term "**transubstantiation**"
- ❖ Rationalists **wrongfully** claim that the gifts are nothing but bread and wine, period. They only represent Christ's Body and Blood; they have no spiritual reality.





## The function of the Sacrament

- ❖ This sacrament was established by Christ **“for the forgiveness of sins.”**
- ❖ Along with the forgiveness, though, come the sanctification and glory, **“eternal life”**. This is why when the celebrant gives Holy Communion, he says to each person: *“the Body and Blood of Christ, for the forgiveness of sins and eternal life.”*
- ❖ The very words of Christ reveal that this sacrament has to be repeated **“in remembrance” of Christ**, of His incarnation, sacrifice on the cross, burial, resurrection, and of His ascension into Heaven to be seated at the right hand of the Father, and His second glorious coming.







## The function of the Sacrament (Cont.)

- ❖ The Eucharist is the **“spiritual nourishment of man”** *“Unless you eat the flesh of the Son of man and drink His blood, you have no life in you; he who eats My flesh and drinks My blood has eternal life”* (John 6:53-54)
- ❖ Partaking of the Holy Body and Blood of Christ **“gives the spirit immunity and inaccessibility against the viruses of sins”**, Satanic warfare and bodily lusts, The Psalmist says : *“You prepare a table before me in the presence of my enemies”* (Psalm 23:5).





## The Benefits of the Sacrament

- ❖ **Abiding in Christ according to His precious promise:** *“He who eats My Flesh, and drinks My Blood abides in Me, and I in him”* (John 6:56).
- ❖ **It gives us the promise of eternal life:** *“Whoever eats My Flesh and drinks My Blood has eternal life and I will raise him up at the last day. He who eats this Bread will live forever”* (John 6:54,58).  
*“For My Flesh is food indeed and My Blood is drink indeed .... As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me”* (John 6:55,57).
- ❖ **Strengthens the Soul:** Our holy church fathers called Communion **‘the remedy for the death of sin’**.





## The Benefits of the Sacrament (Cont.)

- ❖ **It provides remedy to the soul, body and spirit**, as we say in the Offertory Mystery : “That they (Holy Body and Precious Blood) may become to us all for participation and healing and salvation for our souls, bodies and our spirits”.
- ❖ **It provides the unity of the body and spirit**, as St. Paul our teacher says : “*For we being many, are one bread and one body, for we all partake of that one body*” (1 Corinthians 10:17).
- ❖ **It gives us an eternal inheritance** with all the saints who have pleased the Lord by their good deeds





## Spiritual Requirements for receiving the Sacrament

- ❖ True Faith in the Lord Jesus Christ
- ❖ Repentance
- ❖ Reconciliation with others
- ❖ He/She must not deal with Communion as if it is ordinary food
- ❖ Worthiness is feeling unworthy and sinful
- ❖ Physical Preparedness





## Physical Requirements for receiving the Sacrament

- ❖ Control over all physical senses
- ❖ Cleanliness of body and clothing
- ❖ The faithful must be fasting for at least 9 hours
- ❖ Abstinence of marital sexual encounters
- ❖ Women should abstain during menopause
- ❖ 40/80 Days for mothers of new born babies
- ❖ Must attend the reading of the Bible
- ❖ Do not brush your teeth nor gargle with water
- ❖ Avoid bleeding after communion (cuts)
- ❖ Spend the rest of the day in a spiritual way





## Duties of the Priest towards the Sacrament

- ❖ The priest who serves the Mass and sanctifies the sacrifice is completely responsible and accountable for it before God.
- ❖ The priest has the authority to refuse giving Communion to the unprepared.
- ❖ The priest can forbid his son/daughter in confession from receiving Communion for a specific period of time.
- ❖ The Measuring Reed
- ❖ The Bank Teller

