

From the Bible: The Last Supper

On the night before he died Jesus gathered his disciples for one last meal together. It was the Jewish feast of Passover.

While they were together at the table Jesus spoke to them about how he was going to be betrayed and suffer.

Then while they were eating, Jesus took a loaf of bread, and after blessing it, he broke it and gave it to his disciples, saying, “Take this, all of you, and eat it; this is my Body.” Then he took a cup, and after giving thanks, he gave it to them, saying, “Take this, all of you, and drink from it; this is the cup of my Blood, which will be poured out for many, for the forgiveness of sins.”

When they had finished their meal, they went out to the Mount of Olives.

Adapted from Matthew 26:26–30

This is known as the Last Supper, the most famous meal in the history of the world. At the Last Supper Jesus did something incredible. He turned ordinary bread and wine into his Body and Blood. The Last Supper was the first Eucharist, and the disciples’ First Communion.

There in that room two thousand years ago, Jesus gave himself to the disciples. And every time we receive the Eucharist he gives himself to us in the same way!

Jesus wants to be invited into your life. He wants to be your friend. He wants to encourage you, guide you, listen to you, and love you. Jesus wants to help you become the-best-version-of-yourself, grow in virtue, and live a holy life. You are blessed!

