

Eucharistic Miracles: Scientific Proof - Explaining the Faith

Headline: The Eucharist is the Ultimate “Hero Worship”

Objective: Most have heard that only 70% of Catholics believe in the true presence. We have also heard that the early church fathers believed in the true presence from the beginning. It is core to our faith, but many have doubts. Did you know there are over one hundred approved Eucharistic miracles that science has verified and since the early days and there have been (4) documented cases in the 20th century? Dig deeper into these miracles and let holy spirit lead you heroically to profess the “source and summit of our faith”.

Song Suggestion: One Bread, One Body

Bible and Catechism Readings:

John 6:53-58

Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.”

Matthew 26:26-28

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, “Take and eat; this is my body.” Then he took a cup, gave thanks, ¹⁶ and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.

Catechism 1374

“The mode of Christ’s presence under the Eucharistic species is unique. It raises the EUCHARIST above all the sacraments as ‘the perfection of the spiritual life and the end to which all the sacraments tend.’ [St. Thomas Aquinas.] In the most blessed sacrament of the EUCHARIST ‘the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained.’ [Council of Trent (1551): DS 1651.] ‘This presence is called ‘real’ – by which is not intended to exclude the other types of presence as if they could not be ‘real’ too, but because it is presence in the fullest sense: that is to say, it is a substantial presence by which Christ, God and man, makes himself wholly and entirely present.’ [Paul VI, MF 39.]”

Catechism 1384

“The Lord addresses an invitation to us, urging us to receive him in the sacrament of the EUCHARIST: ‘Truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you.’ [Jn 6:53.]”

Early Church Fathers – Champions of the Faith and True Presence

Justin Martyr

“For not as common bread nor common drink do we receive these; but since Jesus Christ our Savior was made incarnate by the word of God and had both flesh and blood for our salvation, so too, as we have been taught, the food which has been made into the Eucharist by the Eucharistic prayer set down by him, and by the change of which our blood and flesh is nurtured, is both the flesh and the blood of that incarnated Jesus” (*First Apology* 66 [A.D. 151]).

Saint: Blessed Carlo Acutis (3 May 1991 – 12 October 2006) heroically defended the faith and documented [Eucharistic miracles](#) (and approved [Marian apparitions](#)), and catalogued both on a website he designed before his death from [leukemia](#) (at age 15)

Acutis was noted for his cheerfulness, computer skills, and devotion to the [Eucharist](#), which became a core theme of his life.^[4] He was [beatified](#) by [Pope Francis](#) on 10 October 2020.

On 23 May 2024, Pope Francis recognized a second miracle attributed to Acutis's intercession, clearing the way for the first [canonization](#) of a [millennial](#) in the Catholic Church.^[5]

Below is a link to website Blessed Carlo Acutis created dedicated to Eucharistic Miracles

<http://www.miracolieucaristici.org/en/Liste/list.html>

Vignette: – George attended a party and was challenged by a friend about the Catholic belief on the true presence. George calmly explained that it was the early church believed and quoted Justin Martyr, Irenaeus, Tertulian and others. In addition, he cited examples of unexplained Eucharistic miracles supported by science. He heroically and defended his faith for all his family to hear.

Some notable Eucharistic miracles happened years and years ago (i.e., the [Eucharistic Miracle of Lanciano, Italy](#), in the 8th century and the [Eucharistic Miracle of Santarem, Portugal](#), in the 13th century). Others have happened in more recent history, such as the scientifically proven [Eucharistic miracles of Buenos Aires](#) in 1992-1996. However, there is a handful that has taken place in just the past twenty years. Below are four stories of approved and recent Eucharistic miracles:

1. Legnica, Poland, 2013
2. Citational, India, 2001
3. Tuxtla, Mexico, 2006
4. Sokoke, Poland, 2008

Common characteristics of all Eucharistic miracles:

- Rigorous scientific testing
- Same blood type (AB)
- Heart tissue + a portion is still bread.
- Signs of trauma
- Science cannot explain.

Questions for Large and Small Group Discussion:

1 Are you familiar with the Eucharistic miracles of the 20th century and are you prepared to discuss and heroically defend your faith?

2. How can you promote a greater understanding of the beliefs of the Catholic faith with your family? Your friends? The people that you meet.

3. Have you ever done Eucharistic Adoration as a practice? What did you feel? Are you still doing it?

Resources:

- [The Eucharistic Miracle Pope Francis Witnessed in Buenos Aires \(magiscenter.com\)](https://www.magiscenter.com/blog/the-eucharistic-miracle-pope-francis)
<https://www.magiscenter.com/blog/the-eucharistic-miracle-pope-francis>
- <https://www.magiscenter.com/blog/approved-eucharistic-miracles-21st-century>
- [Eucharistic Miracles of the World - International Vatican Exhibition \(therealpresence.org\)](https://www.therealpresence.org/eucharst/mir/engl_mir.htm)
https://www.therealpresence.org/eucharst/mir/engl_mir.htm
- <https://www.youtube.com/watch?app=desktop&v=hJ1apYsc7RI>
- <https://www.dynamiccatholic.com/daily-gospel-reflection-04182024.html>
"Those who believe, don't leave."
- Eucharistic Miracles: And Eucharistic Phenomena in the Lives of the Saints
<https://www.amazon.com/Eucharistic-Miracles-Phenomena-Lives-Saints/dp/0895553031>

Action Plan:

1. Discuss with your family the gift of the Blessed Sacrament of the Eucharist that we have and recount a story of one of the Eucharistic miracles. Search the internet for videos /stories of these miracles.
2. Focus on the Eucharistic prayer with special attention this week and feel the power of this part of the mass.
3. Consider filling a slot on the IHM Eucharistic Adoration calendar. Could you do it as a team of Fathers?

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