



we behold the true Christ?

Asking for mercy and peace, we fall to our knees as the priest presents the Lord's Body and Blood to us and joins us in affirming the Real Presence and declare our unworthiness. "Behold" - an invitation as well as an affirmation – take the invitation and focus on Him whom we are about to receive. In the Old Testament, God told Moses that "man shall not see me and live." In Christ, God took on human flesh, and in beholding Christ we behold God, and yet do not die. Indeed, through Christ's Body offered to the Father and given to us, we truly live. When the priest elevates Christ's Body and Blood, he calls us to behold God sacramentally present - as present as can be possible this side of heaven. *Want to know more? Our Adult Formation offerings cover this and much more!*