



■ “Let us not be remiss!”

## “Whom He begat, He Nourishes with Himself”\*

### The Divine Eucharist

**C**onsider with what sort of honor thou wast honored and of what sort of Table thou art partaking.

That which the Angels behold and tremble, and dare not so much as to gaze upon without awe on account of the radiance that cometh thence, with this we are fed, with this we are commingled, and we are made **one body and one flesh with Christ.**



“**Who shall declare the mighty works of the Lord and cause all His praises to be heard?**”

**What shepherd feeds his sheep with his own limbs? And why do I say shepherd? There are often mothers that after the travail of birth send out their children to other women as nurses.**

**But He endureth not to do this, but Himself feeds us with His own blood, and by all means entwines us with Himself.**

**Mark it: He was born of our substance. But, you say, this does not have a bearing on all men; though it certainly does concern all. For if He came unto our nature, it is quite plain that it was to us all; and if to all, then to each one. And how was it, you say, that all did not reap the benefit thereof? This was not of His doing, Whose choice it was to do this on behalf of all, but the fault of them that**

were not willing. **F**or with each one of the faithful doth He mingle Himself in the Mysteries, and whom He begat, He nourishes with Himself, and putteth not out to another; by this also persuading thee again, that He had taken thy flesh.

Let us not then be remiss, having been counted worthy of so much of both love and honor. See ye not the infants, with how much eagerness they lay hold of the breast and with what earnest desire they fix their lips upon the nipple?

Let us also approach this Table with such great eagerness, and the nipple of the spiritual Cup; or rather, with much more eagerness let us, as infants at the breast, draw out the Grace of the Spirit. **Let it be our only sorrow not to partake of this food.** □

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(\*) St. John Chrysostomos, Homily LXXXII on the Gospel of St. Matthew XXVI, 26-28. Translated by George Prevost and revised by M.B. Riddle. From *Nicene and Post-Nicene Fathers*, First Series, Vol. 10. Edited by Philip Schaff. (Buffalo, NY: Christian Literature Publishing Co., 1888.) Publication layout ours.