

Bring JOY to the face of your soul...

truthhimself.blogspot.com/2017/03/bring-joy-to-face-of-your-soul.html

"Since Christ Himself said in reference to the bread: *"This is My Body,"* who will dare remain hesitant? And since with equal clarity He asserted: *"This is My Blood,"* who will dare entertain any doubt and say that this is not His Blood?... - St Cyril of Jerusalem

An excerpt from The Bread of Heaven and the Cup of Salvation,

St Cyril of Jerusalem, Early Church Father

"Do not, then, regard the Eucharistic elements as ordinary bread and wine: they are in fact that Body and Blood of the Lord, as He Himself has declared. Whatever your senses may tell you, be strong in faith. You have been taught and you are firmly convinced that what looks and tastes like bread and wine is not bread and wine but the Body and Blood of Christ. You know also how David referred to this long ago, when he sang: *Bread gives strength to man's heart and makes his face shine with the oil of gladness.*

Strengthen your heart, then, by receiving this bread as spiritual bread, and bring joy to the face of your soul. May purity of conscience remove the veil from the face of your soul so that by contemplating the glory of the Lord, as in a mirror, you may transformed from glory to glory in Christ Jesus our Lord. To Him be glory for ever and ever. Amen."



St Cyril of Jerusalem

313-386

Bishop of Jerusalem

Scripture scholar, Catechist par excellence

Doctor of the Church, Early Church Father

FEAST DAY - March 18

St Cyril admonished catechumens surrounded by heresy:

"Make your fold with the sheep;

flee from the wolves:

depart not from the Church."

[Click here: St. Cyril of Jerusalem - YouTube \(2 mins\)](#)

St Cyril of Jerusalem, pray for us!