Mystical Body

By Evan G Wittig

I am the bread,

That’s what I said.

I am the Living Bread.

I am alive.

I am the Bread from heaven.

I bring heaven with me.

I am heaven on earth,

Heavenly bread on earth.

You’ve seen me, you’ve seen the Father.

The Father and I are One.

You’ve seen the Host,

You’ve seen me,

You’ve’ seen the Father

Now is a great time

To ask the Father

For the Paraclete, the Advocate.

He will not give you a snake

If you ask for this Bread,

For the Bread from heaven.

For it is the Spirit that gives life,

Ask for the Holy Spirit.

My words are Spirit and Life.

Receive my words, my Spirit,

Like holy communion.

This is my body,

Which will be given up for you.

This is the chalice of my blood,

Shed for the forgiveness of your sins.

My flesh is true food

And my blood is true drink.

It is living flesh.

It is living blood.

It is I.

I am.

All things were created

By me and for me.

I am God,

There is no other.

So, I hide in the bread

Just like I said,

‘I am the bread.’

Those who consume me

I will consume.

What God has joined together,

Man cannot separate.

Two are one.

Millions and millions are one:

One body, one soul,

One heart, one head.

Feet stand on earth,

Head is in heaven,

Heart on fire in pain.

Intimate, infinite, immortal, invincible,

You are, we are, I am

The Mystical Body of Christ.