

How natural this unity is in us He Himself has testified on this way - *He who eats My flesh and drinks My blood abides in Me, and I in him (John 6:56)*. For no man shall dwell in Him, save him in whom He dwells Himself, for the only flesh which He has taken to Himself is the flesh of those who have taken His. Now He had already taught before the sacrament of this perfect unity, saying, *As the living Father sent Me, and I live through the Father, so he that eats My flesh shall himself also live through Me (John 6:57)*. So then He lives through the Father, and as He lives through the Father in like manner we live through His flesh. For all comparison is chosen to shape our understanding, so that we may grasp the subject of which we treat by help of the analogy set before us. This is the cause of our life that we have Christ dwelling within our carnal selves through the flesh, and we shall live through Him in the same manner as He lives through the Father. If, then, we live naturally through Him according to the flesh, that is, have partaken of the nature of His flesh, must He not naturally have the Father within Himself according to the Spirit since He Himself lives through the Father? And He lives through the Father because His birth has not implanted in Him an alien and different nature inasmuch as His very being is from the Father yet is not divided from Him by any barrier of an unlikeness of nature, for within Himself He has the Father through the birth in the power of the nature.

Hilary of Poitiers "On the Holy Spirit" Book VIII

Creator and Lord of all things, whatever their nature, He brought forth bread from the earth and changed it into His own body. Not only had He the power to do this, but He had promised it; and, as He had changed water into wine, He also changed wine into His own blood. "*It is the Lord's Passover,*" Scripture tells us, that is, the Lord's passing. We are no longer to look upon the bread and wine as earthly substances. They have become heavenly, because Christ has passed into them and changed them into His body and blood. What you receive is the body of Him who is the heavenly bread, and the blood of Him who is the sacred vine; for when He offered His disciples the consecrated bread and wine, He said: *This is my body, this is my blood*. We have put our trust in Him. I urge you to have faith in Him; truth can never deceive.

Saint Gaudentius of Brescia