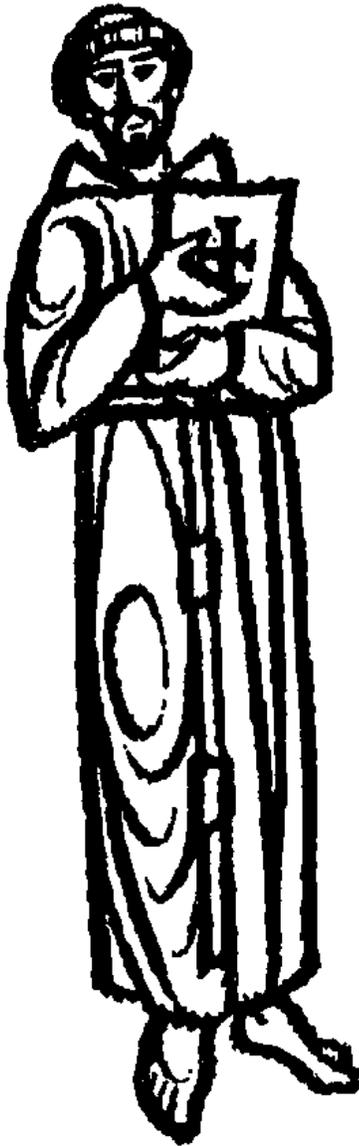


“Going From Gospel To Life and Life To The Gospel”

(The Rule of the Secular Franciscan Order, article #4)



Matt. 26:26 While they were eating, Jesus took **bread**, said the blessing, broke it, and giving it to his disciples said, Take and eat; this is my body.

Matt. 26:28 for this is my **blood** of the covenant, which will be shed on behalf of many for the forgiveness of sins.

Mark 14:22 While they were eating, he took **bread**, said the blessing, broke it, and gave it to them, and said, Take it; this is my body.

Mark 14:24 He said to them, This is my **blood** of the covenant, which will be shed for many.

Luke 22:19 Then he took the **bread**, said the blessing, broke it, and gave it to them, saying, This is my body, which will be given for you; do this in memory of me.

Luke 22:20 And likewise the cup after they had eaten, saying, This cup is the new covenant in my **blood**, which will be shed for you.

Luke 24:30 And it happened that, while he was with them at table, he took **bread**, said the blessing, broke it, and gave it to them.

Luke 24:35 Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the **bread**.

John 6:33 For the **bread** of God is that which comes down from heaven and gives life to the world.



John 6:34 So they said to him, Sir, give us this **bread** always.

John 6:35 Jesus said to them, I am the **bread** of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.

John 6:48 I am the **bread** of life.

John 6:50 this is the **bread** that comes down from heaven so that one may eat it and not die.

John 6:51 I am the living **bread** that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.

John 6:53 Jesus said to them, Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his **blood**, you do not have life within you.

John 6:54 Whoever eats my flesh and drinks my **blood** has eternal life, and I will raise him on the last day.

John 6:55 For my flesh is true food, and my **blood** is true drink.

John 6:56 Whoever eats my flesh and drinks my **blood** remains in me and I in him.

John 6:58 This is the **bread** that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.

Acts 2:42 They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the **bread** and to the prayers.

1Cor. 11:24 and, after he had given thanks, broke it (**bread**) and said, This is my body that is for you. Do this in remembrance of me.

1Cor. 11:25 In the same way also the cup, after supper, saying, This cup is the new covenant in my **blood**. Do this, as often as you drink it, in remembrance of me.