

The Beauty of the Blessed Sacrament

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While reading a book with friends, I started to question what beauty really is. What is the beauty that I am being attracted to, that moves my heart?

I came to this realization that beauty is all around me. I see it in a mother who refuses to give up on her daughter who has autism. Beauty is when a friend follows the desires of her heart, starts her own business, and trusts in God daily to provide for her. It is in a priest who prays with a member of his flock who is taking his last breaths. Beauty is a family bringing their young children to mass even though the children may struggle to sit still and just want to talk to those around them.

This beauty that surrounds me helps me to realize that beauty can be found in the daily actions of others. It is in the moments of utter surrender to God just as it is in the moments of giving oneself to another.

However, there is something so beautiful that it surpasses all actions of humanity. It is the beauty of a small consecrated host. That is where the true essence of beauty can be found. God who became man and was brutally killed for us has left us with His heart in the Blessed Sacrament, the Eucharist.

Why would God care so much about you or me to do this? We are beautiful in his eyes because of our inestimable worth. We are his beloved created in his image and likeness. He refuses to leave us orphans so he continually gives himself to us. The sacrifice that took place on Calvary almost 2,000 years ago takes place every day in churches throughout the world. How beautiful it is that he continually gives his body to us, to nourish us body and soul.

This beauty can be found in a golden monstrance in adoration chapels too. It is here that the God of the universe waits to encounter you and me. I am drawn to him like a newborn baby to its mother. I do not want to leave because it is here that my heart is at peace, where I can find a reprieve from the chaos the world has to offer us. As I sit and bask in the rays of his grace, I find healing and stamina to continue to persevere in a world that appears to be so dark at times. This beauty is life giving.

I have found the beauty that I have always longed for, that I was made for. This beauty has changed me, caused me to become more of the human person God has created me to be. The beauty of the Blessed Sacrament is not just intended for me. It is a gift for all humanity, the balm for the wounded world. The question is, will you open your eyes and heart to this beauty that is ever ancient and ever new?

