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Reflection on Ex. 24: 1-11 and work by St. Thomas Aquinas
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God told Moses to come before Him and bring Aaron, Nadab, Abihu and 70 elders. These were the priestly class. They were only permitted to worship Him at a distance. Moses could come closer. The common people could not even come into the presence of the Lord. After Moses and the chosen men beheld God—from a distance, it was regarded with amazement that they could still live and eat and drink.

Moses sent young men to offer holocausts—the complete offering and destruction of the bulls, and take the blood and pour it on the altar and sprinkle the Israelites. Jesus offered his body to the Father on the altar of the cross for our reconciliation. Jesus gift of Himself is perpetual through the sacrifice of the Mass. All generations can partake of His Body and Blood in an intimate fashion, not from a distance and only one time. By becoming one of us in the incarnation, He allows us not only to see Him in the Blessed Sacrament, but to actually touch Him and receive Him into our bodies. It is an awesome miracle of complete love for us. It is total self giving. The true God gives Himself as sustenance for us; real food and real drink. The Mass is a perpetual memorial of His passion. His self giving is continual. Jesus is always with us in this amazing, awesome sacrament. He is with us both spiritually and physically.