

FIRST READING: 1 Kings 19:4-8

[Elijah] went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." ⁵Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." ⁶He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. ⁷The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." ⁸He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

Psalm 34:1-8**SECOND READING: Ephesians 4:25—5:2**

So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. ²⁶Be angry but do not sin; do not let the sun go down on your anger, ²⁷and do not make room for the devil. ²⁸Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. ²⁹Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. ³⁰And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹Put away from you all bitterness and wrath and anger and wrangling and slander,

together with all malice, ³²and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. ^{5:1}Therefore be imitators of God, as beloved children, ²and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

GOSPEL: John 6:35, 41-51

Jesus said to [the crowd,] "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

⁴¹Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." ⁴²They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" ⁴³Jesus answered them, "Do not complain among yourselves. ⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

Next Sunday's Readings: Proverbs 9:1-6; Psalm 34:9-14; Ephesians 5:15-20; John 6:51-58.

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