

FIRST READING: Proverbs 9:1-6

Wisdom has built her house,
 she has hewn her seven pillars.
²She has slaughtered her animals, she has
 mixed her wine,
 she has also set her table.
³She has sent out her servant-girls, she calls
 from the highest places in the town,
⁴“You that are simple, turn in here!”
 To those without sense she says,
⁵“Come, eat of my bread
 and drink of the wine I have mixed.
⁶Lay aside immaturity, and live,
 and walk in the way of insight.”

Psalm 34:9-14

SECOND READING: Ephesians 5:15-20

Be careful then how you live, not as unwise people but as wise, ¹⁶making the most of the time, because the days are evil. ¹⁷So do not be foolish, but understand what the will of the Lord is. ¹⁸Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

GOSPEL: John 6:51-58

[Jesus said,] “I 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.”

⁵²The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” ⁵³So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵for my flesh is true food and my blood is true drink. ⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.”