

THE ELEVENTH SUNDAY after PENTECOST
AUGUST 9, 2015

Introit  *Ps. 34:8–10;*
antiphon: Ps. 145:16

You open | your hand;*
you satisfy the desire of every | living thing.
Oh, taste and see that the | LORD is good!*
Blessèd is the man who takes ref- | uge in him!
Oh, fear the LORD, | you his saints,*
for those who fear him | have no lack!
The young lions suffer want and | hunger;*
but those who seek the LORD lack | no good thing.
Glory be to the Father and | to the Son*
and to the Holy | Spirit;
as it was in the be- | ginning,*
is now, and will be forever. | Amen.
You open | your hand;*
you satisfy the desire of every | living thing.

Salutation and Collect of the Day

Gracious Father, Your blessed Son came down from heaven to be the true bread that gives life to the world. Grant that Christ, the bread of life, may live in us and we in Him, who lives and reigns with You and the Holy Spirit, one God, now and forever.

Gradual

Ps. 34:9, 19, alt.

Fear the LORD, | you his saints,*
for those who fear him lack | nothing!
Many are the afflictions of the | righteous,*
but the LORD delivers him out | of them all.

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Old Testament Reading

1 Kings 19:1–8

¹Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. ²Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.” ³Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

⁴But he himself went a day’s journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O LORD, take away my life, for I am no better than my fathers.” ⁵And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” ⁶And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. ⁷And the angel of the LORD came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” ⁸And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

Epistle

Ephesians 4:17–5:2

¹⁷Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰But that is not the way you learned Christ!— ²¹assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²²Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³and to be renewed in the spirit of your minds, ²⁴and to put on the new self, created after the likeness of God in true righteousness and holiness.

²⁵Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶Be angry and do not sin; do not let the sun go down on your anger, ²⁷and give no opportunity to the devil. ²⁸Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³²Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

¹Therefore be imitators of God, as beloved children. ²And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Holy Gospel

John 6:35–51

³⁵Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. ³⁶But I said to you that you have seen me and yet do not believe. ³⁷All that the Father gives me will come to me, and whoever comes to me I will never cast out. ³⁸For I have come down from heaven, not to do my own will but the will of him who sent me. ³⁹And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. ⁴⁰For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.”

⁴¹So the Jews grumbled about him, because he said, “I am the bread that came down from heaven.” ⁴²They said, “Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, ‘I have come down from heaven’?” ⁴³Jesus answered them, “Do not grumble among yourselves. ⁴⁴No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. ⁴⁵It is written in the Prophets, ‘And they will 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 he who is from God; he has seen the Father. ⁴⁷Truly, truly, I say to you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your fathers 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. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh.”

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