

## Introit

*Psalm 34:8–10; antiphon: Psalm 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.

## 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

*Psalm 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.

## Old Testament

*1 Kings 19:1–8*

<sup>1</sup>Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. <sup>2</sup>Then 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.” <sup>3</sup>Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

<sup>4</sup>But 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.” <sup>5</sup>And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” <sup>6</sup>And 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. <sup>7</sup>And 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.” <sup>8</sup>And 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*

<sup>17</sup>This I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. <sup>18</sup>They 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. <sup>19</sup>They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. <sup>20</sup>But that is not the way you learned Christ!— <sup>21</sup>assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup>to put off your old self, which belongs to your former manner of life and

is corrupt through deceitful desires,<sup>23</sup> and to be renewed in the spirit of your minds,<sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.

<sup>25</sup>Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup>Be angry and do not sin; do not let the sun go down on your anger,<sup>27</sup> and give no opportunity to the devil. <sup>28</sup>Let 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. <sup>29</sup>Let 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. <sup>30</sup>And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup>Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup>Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

<sup>1</sup>Therefore be imitators of God, as beloved children. <sup>2</sup>And 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*

<sup>35</sup>Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. <sup>36</sup>But I said to you that you have seen me and yet do not believe. <sup>37</sup>All that the Father gives me will come to me, and whoever comes to me I will never cast out. <sup>38</sup>For I have come down from heaven, not to do my own will but the will of him who sent me. <sup>39</sup>And 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. <sup>40</sup>For 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.”

<sup>41</sup>So the Jews grumbled about him, because he said, “I am the bread that came down from heaven.” <sup>42</sup>They 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’?” <sup>43</sup>Jesus answered them, “Do not grumble among yourselves. <sup>44</sup>No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. <sup>45</sup>It 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— <sup>46</sup>not that anyone has seen the Father except he who is from God; he has seen the Father. <sup>47</sup>Truly, truly, I say to you, whoever believes has eternal life. <sup>48</sup>I am the bread of life. <sup>49</sup>Your fathers ate the manna in the wilderness, and they died. <sup>50</sup>This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup>I 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.”