

## **A reading from the first book of Kings**

Elijah went a day's journey into the desert,  
until he came to a broom tree and sat beneath it.

He prayed for death saying:

"This is enough, O LORD!

Take my life, for I am no better than my fathers."

He lay down and fell asleep under the broom tree,  
but then an angel touched him and ordered him to get up and eat.  
Elijah looked and there at his head was a hearth cake  
and a jug of water.

After he ate and drank, he lay down again,  
but the angel of the LORD came back a second time,  
touched him, and ordered,  
"Get up and eat, else the journey will be too long for you!"

He got up, ate, and drank;  
then strengthened by that food,  
he walked forty days and forty nights  
to the mountain of God, Horeb.

**The Word of the Lord!**

## **A reading from the letter of Paul to the Ephesians**

Sisters and brothers:

Do not grieve the Holy Spirit of God,  
with which you were sealed for the day of redemption.

All bitterness, fury, anger, shouting, and reviling  
must be removed from you, along with all malice.  
And be kind to one another, compassionate,  
forgiving one another as God has forgiven you in Christ.

So be imitators of God, as beloved children, and live in love,  
as Christ loved us and handed himself over for us  
as a sacrificial offering to God for a fragrant aroma.

**The Word of the Lord!**

## Gospel

[Jn 6:41-51](#)

The Jews murmured about Jesus because he said,  
“I am the bread that came down from heaven, ”  
and they said,

“Is this not Jesus, the son of Joseph?

Do we not know his father and mother?

Then how can he say,

‘I have come down from heaven’?”

Jesus answered and said to them,

“Stop murmuring among yourselves.

No one can come to me unless the Father who sent me draw him,  
and I will raise him on the last day.

It is written in the prophets:

*They shall all be taught by God.*

Everyone who listens to my Father and learns from him comes to  
me.

Not that anyone has seen the Father  
except the one who is from God;  
he has seen the Father.

Amen, amen, I say to you,  
whoever believes has eternal life.

I am the bread of life.

Your ancestors ate the manna in the desert, but they died;  
this is the bread that comes down from heaven  
so that one may eat it and not die.  
I am the living bread that came down from heaven;  
whoever eats this bread will live forever;  
and the bread that I will give is my flesh for the life of the world.”