

COLLECT

Almighty Lord and everlasting God,
we beseech you to direct, sanctify
and govern both our hearts and
bodies
in the ways of your laws and the
works of your commandments;
that through your most mighty
protection, both here and ever,
we may be preserved in body and
soul;
through our Lord and Saviour Jesus
Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING 2 Kings 4:42-end

A reading from the second book of Kings.

A man came bringing food from the first fruits to Elisha, the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says the LORD, 'They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of the LORD.

PSALM Psalm 145:10-19

R *You open wide your hand, O Lord, and satisfy our needs.*

All your works praise you, O Lord,
and your faithful servants bless you. **R**

They make known the glory of your
kingdom
and speak of your power;
That the peoples may know of your
power
and the glorious splendour of your
kingdom. **R**

Your kingdom is an everlasting
kingdom;
your dominion endures throughout all
ages.

The Lord is faithful in all his words
and merciful in all his deeds.
The Lord upholds all those who fall;
he lifts up those who are bowed
down. **R**

The eyes of all wait upon you, O Lord,
and you give them their food in due
season.

You open wide your hand
and satisfy the needs of every living
creature. **R**

The Lord is righteous in all his ways
and loving in all his works.
The Lord is near to those who call upon
him,
to all who call upon him faithfully. **R**

SECOND READING

Ephesians 3:14-end

A reading from the letter of Paul to the Ephesians.

I bow my knees before the Father,
from whom every family in heaven
and on earth takes its name. I pray
that, according to the riches of his
glory, he may grant that you may be
strengthened in your inner being with
power through his Spirit, and that Christ
may dwell in your hearts through faith,
as you are being rooted and grounded
in love. I pray that you may have the
power to comprehend, with all the
saints, what is the breadth and length
and height and depth, and to know the
love of Christ that surpasses knowledge,
so that you may be filled with all the
fullness of God. Now to him who by
the power at work within us is able to
accomplish abundantly far more than all
we can ask or imagine, to him be glory
in the church and in Christ Jesus to all
generations, for ever and ever. Amen.

GOSPEL John 6:1-21

*Hear the gospel of our Lord Jesus
Christ according to John.*

Jesus went to the other side of the
Sea of Galilee, also called the Sea of
Tiberias. A large crowd kept following
him, because they saw the signs that
he was doing for the sick. Jesus went
up the mountain and sat down there
with his disciples. Now the Passover,
the festival of the Jews, was near.
When he looked up and saw a large
crowd coming towards him, Jesus said
to Philip, "Where are we to buy bread
for these people to eat?" He said this
to test him, for he himself knew what
he was going to do. Philip answered
him, "Six months' wages would not buy
enough bread for each of them to get

a little." One of his disciples, Andrew,
Simon Peter's brother, said to Jesus,
"There is a boy here who has five barley
loaves and two fish. But what are they
among so many people?" Jesus said,
"Make the people sit down." Now
there was a great deal of grass in the
place; so they sat down, about five
thousand in all. Then Jesus took the
loaves, and when he had given thanks,
he distributed them to those who were
seated; so also the fish, as much as
they wanted. When they were satisfied,
he told his disciples, "Gather up the
fragments left over, so that nothing
may be lost." So they gathered them
up, and from the fragments of the five
barley loaves, left by those who had
eaten, they filled twelve baskets. When
the people saw the sign that he had
done, they began to say, "This is indeed
the prophet who is to come into the
world." When Jesus realized that they
were about to come and take him by
force to make him king, he withdrew
again to the mountain by himself.
When evening came, his disciples went
down to the lake, got into a boat, and
started across the lake to Capernaum.
It was now dark, and Jesus had not yet
come to them. The lake became rough
because a strong wind was blowing.
When they had rowed about three or
four miles, they saw Jesus walking on
the lake and coming near the boat, and
they were terrified. But he said to them,
"It is I; do not be afraid." Then they
wanted to take him into the boat, and
immediately the boat reached the land
towards which they were going.

POST COMMUNION

Strengthen for service, Lord,
the hands that have taken holy things;
may the ears which have heard your
word be deaf to clamour and dispute;
may the tongues which have sung your
praise be free from deceit;
may the eyes which have seen the
tokens of your love shine with the
light of hope;
and may the bodies which have been
fed with your body be refreshed with
the fullness of your life;
glory to you for ever.