

## COLLECT

Let your merciful ears, O Lord,  
be open to the prayers of your  
humble servants;  
and that they may obtain their  
petitions  
make them to ask such things as  
shall please you;  
through Jesus Christ your Son our  
Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## FIRST READING 1 Kings 19:4-8

*A reading from the first book of Kings.*

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

## PSALM Psalm 34:1-8

**R** *Turn from evil and do good.*

I will bless the Lord at all times;  
his praise shall ever be in my mouth.  
I will glory in the Lord;  
let the humble hear and rejoice. **R**

Proclaim with me the greatness of  
the Lord;  
let us exalt his name together.  
I sought the Lord and he answered  
me  
and delivered me out of all my  
terror. **R**

Look upon him and be radiant,  
and let not your faces be ashamed.  
I called in my affliction and the Lord  
heard me  
and saved me from all my  
troubles. **R**

The angel of the Lord  
encompasses those who fear him,  
and he will deliver them.  
Taste and see that the Lord is good;  
happy are they who trust in him! **R**

## SECOND READING

### Ephesians 4:25 – 5:2

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

Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

## GOSPEL John 6:35. 41-51

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

Jesus said to the crowd, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." Then the Jews began to complain

about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven?'" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh."

## POST COMMUNION

God of our pilgrimage,  
you have willed that the gate of  
mercy  
should stand open for those who  
trust in you:  
look upon us with your favour  
that we who follow the path of your  
will  
may never wander from the way of  
life;  
through Jesus Christ our Lord.