

First Reading — Exodus 24:3–11

³Moses came and reported to the people all the words of the LORD and all the ordinances. Then all the people answered with one voice and said, “All the words which the LORD has spoken we will do.” ⁴Moses wrote down all the words of the LORD.

He got up early in the morning and built an altar at the foot of the mountain. He set up twelve memorial stones for the twelve tribes of Israel. ⁵He sent young Israelite men, who offered whole burnt offerings and sacrificed fellowship offerings of cattle to the LORD. ⁶Moses took half of the blood and put it in bowls, and he splashed half of the blood on the altar. ⁷He took the Book of the Covenant and read it out loud to the people and they said, “All that the LORD has spoken we will do. We will obey.”

⁸Moses took the blood and splashed it on the people. He said, “Look, here is the blood of the covenant, which the LORD made with you by means of all these words.”

⁹Then Moses, Aaron, Nadab, Abihu, and seventy of the elders of Israel went up. ¹⁰They saw the God of Israel. Under his feet they saw what looked like a pavement of sapphire as clear as the sky. ¹¹The LORD did not lay his hand on the dignitaries of the people of Israel. They gazed at God, and they ate and drank.

The Second Reading — Ephesians 4:1–7, 11-16

As a prisoner in the Lord, therefore, I urge you to walk in a manner worthy of the calling with which you have been called. ²Live with all humility, gentleness, and patience, bearing with one another in love.

³Make every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as also you were called in the one hope of your calling. ⁵There is one Lord, one faith, one baptism, ⁶one God and Father of all, who is over all, and through all, and in us all.

⁷But to each one of us grace was given, according to the measure of the gift from Christ.

¹¹He himself gave the apostles, as well as the prophets, as well as the evangelists, as well as the pastors and teachers, ¹²for the purpose of training the saints for the work of serving, in order to build up the body of Christ. ¹³This is to continue until we all reach unity in the faith and knowledge of the Son of God, resulting in a mature man with a stature reaching to the measure of the fullness of Christ. ¹⁴The goal is that we would no longer be little children, tossed by the waves and blown around by every wind of teaching, when people use tricks and invent clever ways to lead us astray. ¹⁵Instead, speaking the truth in love, we would in all

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things grow up into Christ, who is the head. ¹⁶From him the whole body, being joined and held together by every supporting ligament, grows in accordance with Christ's activity when he measured out each individual part. He causes the growth of the body so that it builds itself up in love.

Gospel Reading — John 6:1–15

After this, Jesus crossed over to the other side of the Sea of Galilee (or Tiberias). ²A large crowd followed him because they saw the miraculous signs he was performing on those who were sick. ³Jesus went up on the hillside and sat down there with his disciples. ⁴The Jewish Passover Festival was near.

⁵When Jesus looked up and saw a huge crowd coming toward him, he asked Philip, "Where can we buy bread for these people to eat?" ⁶But Jesus was saying this to test him, for he himself knew what he was going to do.

⁷Philip answered him, "Two hundred denarii worth of bread would not be enough for each of them to have just a little."

⁸One of his disciples, Andrew, Simon Peter's brother, said to him, ⁹"There's a boy here who has five barley loaves and two fish, but what is that for so many people?"

¹⁰Jesus said, "Have the people sit down." There was plenty of grass in that place, so they sat down. There were about five thousand men.

¹¹Then Jesus took the loaves and, after giving thanks, he distributed pieces to those who were seated. He also did the same with the fish—as much as they wanted.

¹²When the people were full, he told his disciples, "Gather the pieces that are left over so that nothing is wasted." ¹³So they gathered them and filled twelve baskets with pieces from the five barley loaves left over by those who had eaten.

¹⁴When the people saw the miraculous sign Jesus did, they said, "This really is the Prophet who is coming into the world."

¹⁵When Jesus realized that they intended to come and take him by force to make him king, he withdrew again to the mountain by himself.

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