

First Reading — Exodus 16:2–15

²The entire Israelite community grumbled against Moses and Aaron in the wilderness. ³The Israelites said to them, “If only we had died by the LORD’s hand in the land of Egypt, when we sat around pots of meat and ate as much food as we wanted, but now you have brought us out into this wilderness to have this whole community die of hunger.”

⁴Then the LORD said to Moses, “Watch what I will do. I will rain down bread from heaven for you, and the people will go out each day and gather enough for that day. In this way I will test whether they will follow my instructions or not. ⁵On the sixth day they will prepare what they bring in, and it will be twice as much as they gather on the other days.”

⁶So Moses and Aaron said to all the Israelites, “At evening you will know that it was the LORD who brought you out of the land of Egypt, ⁷and in the morning you will see the Glory of the LORD, because he has heard your constant grumbling against the LORD. Who are we that you should grumble against us?”

⁸Moses said, “Now the LORD will give you meat to eat in the evening and as much bread as you want in the morning, because the LORD has heard your grumbling against him. Who are we? Your grumbling is not against us but against the LORD.”

⁹Then Moses said to Aaron, “Tell the entire Israelite community, ‘Come before the LORD, because he has heard your grumbling.’” ¹⁰As Aaron spoke to the entire Israelite community, they turned toward the wilderness, and suddenly the Glory of the LORD appeared in the cloud.

¹¹The LORD spoke to Moses: ¹²“I have heard the grumbling of the Israelites. Say to them, ‘At evening you will eat meat, and in the morning you will eat bread until you are full. Then you will know that I am the LORD your God.’”

¹³So in the evening quail came and covered the camp, and in the morning a layer of dew surrounded the camp. ¹⁴When the layer of dew was gone, there were thin flakes on the surface of the wilderness, thin as frost on the ground. ¹⁵When the Israelites saw it, they said to one another, “What is it?” because they did not know what it was.

Moses said to them, “This is the bread which the LORD has given to you as food to eat.”

The Second Reading — Ephesians 4:17–24

¹⁷So I tell you this and testify to it in the Lord: Do not walk any longer as the Gentiles walk, in their futile way of thinking. ¹⁸They are darkened in their understanding, alienated from the life of God, because of the ignorance that is in them, due to the hardness of their hearts. ¹⁹Because

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they have no sense of shame, they have given themselves over to sensuality, with an ever-increasing desire to practice every kind of impurity.

²⁰But you did not learn Christ in that way, ²¹if indeed you have heard of him and were taught in him (since the truth is in Jesus). ²²As far as your former way of life is concerned, you were taught to take off the old self, which is corrupted by its deceitful desires, ²³and to be renewed continually in the spirit of your mind, ²⁴and to put on the new self, which has been created to be like God in righteousness and true holiness.

Gospel Reading — John 6:24–35

²⁴When the crowd saw that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum looking for Jesus. ²⁵When they found him on the other side of the sea, they asked him, “Rabbi, when did you get here?”

²⁶Jesus answered them, “Amen, Amen, I tell you: You are not looking for me because you saw the miraculous signs, but because you ate the loaves and were filled. ²⁷Do not continue to work for the food that spoils, but for the food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

²⁸So they said to him, “What should we do to carry out the works of God?”

²⁹Jesus answered them, “This is the work of God: that you believe in the one he sent.”

³⁰Then they asked him, “So what miraculous sign are you going to do, that we may see it and believe you? What miraculous sign are you going to perform? ³¹Our fathers ate the manna in the wilderness, just as it is written, ‘He gave them bread from heaven to eat.’”

³²Jesus said to them, “Amen, Amen, I tell you: Moses did not give you the bread from heaven, but my Father gives you the real bread from heaven. ³³For the bread of God is the one who comes down from heaven and gives life to the world.”

³⁴“Sir,” they said to him, “give us this bread all the time!”

³⁵“I am the Bread of Life,” Jesus told them. “The one who comes to me will never be hungry, and the one who believes in me will never be thirsty.”

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