

First Reading — 1 Kings 19:3-8

³Elijah was afraid, and he ran for his life. He went to Beersheba, which belongs to Judah, and he left his servant there. ⁴But he himself went a day's journey into the wilderness. There he sat down under a broom tree, where he prayed that he would die. He said, "I've had enough, LORD. Take my life, for I am no better than my fathers." ⁵Then he lay down and went to sleep under the broom tree.

Suddenly an angel touched him and said, "Get up and eat."

⁶Then he looked around, and near his head there was a loaf of bread baking on coals and a jar of water, so he ate and drank, and then he lay down again.

⁷Then the angel of the LORD came back a second time and touched him and said, "Get up and eat, because the journey is too much for you."

⁸So he got up and ate and drank. Then, with the strength gained from that food he walked for forty days and forty nights to Horeb, the mountain of God.

The Second Reading — Ephesians 4:30–5:2

³⁰Do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of every kind of bitterness, rage, anger, quarreling, and slander, along with every kind of malice. ³²Instead, be kind and compassionate to one another, forgiving one other, just as God in Christ has forgiven us.

^{5:1}Therefore, be imitators of God as his dearly loved children. ²And walk in love, just as Christ loved us and gave himself for us, as a fragrant offering and sacrifice to God.

Gospel Reading — John 6:41–51

⁴¹So the Jews started grumbling about him, because he said, "I am the bread that came down from heaven." ⁴²They asked, "Isn't this Jesus, the son of Joseph, whose father and mother we know? So how can he say, 'I have come down from heaven'?"

⁴³Jesus answered them, "Stop grumbling among yourselves. ⁴⁴No one can come to me unless the Father who sent me draws him. And I will raise him up on the Last Day. ⁴⁵It is written in the Prophets, 'They will all be taught by God.' Everyone who listens to the Father and learns from him comes to me. ⁴⁶I am not saying that anyone has seen the Father except the one who is from God. He is the one who has seen the Father. ⁴⁷Amen, Amen, I tell you: The one who believes in me has eternal life.

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⁴⁸“I am the Bread of Life. ⁴⁹Your fathers ate manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that anyone may eat it and not die. ⁵¹I am the living bread which came down from heaven. If anyone eats this bread, he will live forever. The bread that I will give for the life of the world is my flesh.”

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