

**The First Reading: Proverbs 9:1-6**

Wisdom has built her house;  
she has hewn out its seven pillars.

<sup>2</sup> She has prepared her meat and mixed her wine;  
she has also set her table.

<sup>3</sup> She has sent out her maids, and she calls  
from the highest point of the city.

<sup>4</sup> “Let all who are simple come in here!”  
she says to those who lack judgment.

<sup>5</sup> “Come, eat my food  
and drink the wine I have mixed.

<sup>6</sup> Leave your simple ways and you will live;  
walk in the way of understanding.

**The Second Reading: Ephesians 5:15-20**

Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup> making the most of every opportunity, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the Lord’s will is. <sup>18</sup> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. <sup>19</sup> Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, <sup>20</sup> always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

**The Gospel Reading: John 6:51-58**

I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.”

<sup>52</sup> Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?”

<sup>53</sup> Jesus said to them, “I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup> Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. <sup>55</sup> For my flesh is real food and my blood is real drink. <sup>56</sup>

Whoever eats my flesh and drinks my blood remains in me, and I in him. <sup>57</sup> Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. <sup>58</sup> This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever.”

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