

NINETEENTH SUNDAY

Season of the Year B

First Reading # 1 Kings 19:4-8

Strengthened by the food, he walked to the mountain of the Lord.

A reading from the first book of Kings

Elijah himself went on into the desert, a day's journey, and sitting under a furze bush wished he were dead. He said,

'Lord, now I have had enough.
Take my life; I am no better than my ancestors.'

Then he lay down under the furze bush and went to sleep.
And suddenly an angel touched him, saying,

'Get up and eat.'

He looked round, and there at his head was a cake baked on hot stones, and a jar of water.
He ate and drank and then lay down again.
But the angel of the Lord came back a second time and touched him and said,

'Get up and eat, or the journey will be too long for you.'

So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The word of the Lord.

Responsorial # Psalm 33:2-9

Taste and see the goodness of the Lord.

I will bless the Lord at all times,
praise of him is always in my mouth.
In the Lord my soul shall make its boast;
the humble shall hear and be glad.

Taste and see the goodness of the Lord.

Glorify the Lord with me;
together let us praise his name.
I sought the Lord, and he answered me;
from all my terrors he set me free.

Taste and see the goodness of the Lord.

Look towards him and be radiant;
let your faces not be abashed.
This lowly one called; the Lord heard,
and rescued him from all his distress.

Taste and see the goodness of the Lord.

The angel of the Lord is encamped
around those who fear him, to rescue them.
Taste and see that the Lord is good.
Blessed the warrior who seeks refuge in him.

Taste and see the goodness of the Lord.

Second Reading † Ephesians 4:30-5:2

Walk in love, just as Christ.

A reading from the letter of St Paul to the Ephesians

Do not grieve the Holy Spirit of God in whom you were sealed for the day of redemption. Any bitterness or bad temper or anger or shouting or abuse must be far removed from you – as must every kind of malice. Be generous to one another, sympathetic, forgiving each other just as God forgave you in Christ.

As God's dear children, then, take him as your pattern, and live in love just as Christ loved us, giving himself up for us *as an offering and a sweet-smelling sacrifice to God.*

The word of the Lord.

Gospel Acclamation † John 6:51

Alleluia, alleluia, alleluia!

I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.

Alleluia, alleluia, alleluia!

Gospel † John 6:41-51

I am the living bread come down from heaven.

A reading from the holy Gospel according to John

Now the Jews were murmuring about Jesus, because he said, 'I am the bread that came down from heaven,' and they were saying, 'Surely this is Jesus, son of Joseph, whose father and mother we know. How can he now say, "I have come down from heaven"?'

Jesus said in reply to them,

'Stop murmuring among yourselves.

'No one can come to me unless drawn by the Father who sent me,
and I will raise up that person on the last day.

It is written in the prophets,
And they shall all be taught by God;
everyone who has listened to the Father
and learnt from him, comes to me.

Not that anybody has seen the Father,
except him who is from God:
he has seen the Father.

Amen, Amen I say to you, one who believes has eternal life.

I am the bread of life.
Your fathers ate manna in the desert and they died;
but this is the bread which comes down from heaven,
so that a person may eat of it and not die.

I am the living bread which has come down from heaven.
Anyone who eats of this bread will live for ever;
and the bread that I shall give
is my flesh, for the life of the world.'

The Gospel of the Lord.

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