

TWENTIETH SUNDAY

Season of the Year B

First Reading † Proverbs 9:1-6

Come and eat my bread; drink the wine I have prepared.

A reading from the book of Proverbs

Wisdom has built herself a house,
she has hewn her seven pillars,
she has slaughtered her beasts,
mixed her wine, she has laid her table.

She has dispatched her maidservants
and proclaimed from the heights above the city,
'Whoever is simple should come this way.'

To the fool she says,
'Come and eat my bread,
drink the wine which I have mixed!

Leave foolishness behind and you will live,
go forwards in the ways of insight.'

The word of the Lord.

Responsorial † Psalm 33:2-3.10-15

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.

Fear the Lord, you his holy ones.
They lack nothing, those who fear him.
The rich suffer want and go hungry,
but those who seek the Lord lack no blessing.

Taste and see the goodness of the Lord.

Come, children, and hear me,
that I may teach you the fear of the Lord.
Who is eager for life
and longs to see prosperous days?

Taste and see the goodness of the Lord.

Guard your tongue from evil,
and your lips from speaking deceit.
Turn aside from evil and do good.
Seek after peace, and pursue it.

Taste and see the goodness of the Lord.

Second Reading † Ephesians 5:15-20

Be watchful that you may know the will of God.

A reading from the letter of St Paul to the Ephesians

So be careful how you live, not as unwise but as wise people; make the best of the present time, for it is a wicked age. So do not be foolish, but appreciate what is the will of the Lord.

Do not get drunk with wine; this is simply dissipation; be filled with the Spirit, singing psalms and hymns and spiritual songs among yourselves, singing and chanting to the Lord in your hearts, always giving thanks for everything to God the Father in the name of our Lord Jesus Christ.

The word of the Lord.

Gospel Acclamation † John 6:56

Alleluia, alleluia, alleluia!
All who eat my flesh and drink my blood
live in me and I in them, says the Lord.
Alleluia, alleluia, alleluia!

Gospel † John 6:51-58

My flesh is real food and my blood is real drink.

A reading from the holy Gospel according to John

Jesus said to the crowd:

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.'

Then the Jews started arguing among themselves, 'How can this man give us his flesh to eat?'

So Jesus said to them:

'Amen, Amen I say to you,
if you do not eat the flesh of the Son of man
and drink his blood,
you have no life in you.

Anyone who does eat my flesh
and drink my blood has eternal life,
and I shall raise up that person on the last day.

For my flesh is true food and my blood is true drink.

Whoever eats my flesh and drinks my blood dwells in me
and I dwell in that person.

As the living Father sent me
and I live through the Father,
so whoever eats me will also live through me.

This is the bread which came down from heaven;
not like the bread our ancestors ate and died.
Anyone who eats this bread will live for ever.'

The Gospel of the Lord.

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