

SUNDAY READINGS & PRAYERS

TRINITY 10 (YEAR B) PROPER 13

COLLECT

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

FIRST READING

Exo 16.2-4,9-15

A reading from the book of Exodus.

The whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, and the people of Israel said to them, "Would that we had died by the hand of the Lord in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the Lord said to Moses, "Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day's portion every day, that I may test them, whether they will walk in my law or not."

Then Moses said to Aaron, "Say to the whole congregation of the people of Israel, 'Come near before the Lord, for he has heard your grumbling.'" And as soon as Aaron spoke to the whole congregation of the people of Israel, they looked towards the wilderness, and behold, the glory of the Lord appeared in the cloud. And the Lord said to Moses, "I have heard the grumbling of the people of Israel. Say to them, 'At twilight you shall eat meat, and in the morning you shall be filled with bread. Then you shall know that I am the Lord your God.'" In the evening quail came up and covered the camp, and in the morning dew lay around the camp. And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. When the people of Israel saw

it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread that the Lord has given you to eat."

This is the Word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

from Ps 78



R. The Lord gave them bread from heaven.

(All repeat)



The Lord commanded the | clouds above
and opened the | doors of heaven.
He rained down manna | for their food
and gave them | bread from heaven. **R.**

Mere men ate the | bread of angels;
he sent them abund-|ance of food.
He rained down flesh upon | them like dust
and winged birds like the sand | of the sea. **R.**

He let it fall in the midst | of their camp
and round a-|bout their dwellings.
So they ate | and were filled,
for he gave them | what they craved. **R.**

SECOND READING

Eph 4.1-16

A reading from the letter of Paul to the Ephesians.

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit – just as you were called to the one hope that belongs to your call – one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. But grace was given to each one of us according to the measure of Christ's gift. Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men." (In saying, "He ascended", what does it mean but that he had

also descended into the lower regions, the earth? He who descended is the one who also ascended far above all the heavens, that he might fill all things.) And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

This is the Word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Mt 4.4

Alleluia.

Man does not live by bread alone:
but by every word that comes from the mouth
of God.

Alleluia.

GOSPEL READING

Jn 6.24–35

The Lord be with you.

And also with you.

Hear the Gospel ✠ of our Lord Jesus Christ
according to John.

Glory to you, O Lord.

When the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. Do not labour for the food

that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.” Then they said to him, “What must we do, to be doing the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

This is the Gospel of the Lord.

Praise to you, O Christ.

PRAYER OVER THE OFFERINGS

Lord, accept our offerings in this holy exchange of gifts. We offer what you have given us: grant that our gift may make us worthy to receive you; through Christ our Lord. **Amen.**

POST-COMMUNION

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord. **Amen.**