

SUNDAY READINGS & PRAYERS

TRINITY 11 (YEAR B) PROPER 14

COLLECT

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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

1 Kgs 19.4–8

A reading from the first book of Kings.

Elijah went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers." And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

This is the Word of the Lord.

Thanks be to God.

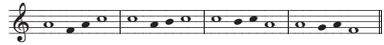
RESPONSORIAL PSALM

from Ps 34



R. O taste and see that the Lord is good.

(All repeat)



I will bless the Lord | at all times;
his praise shall ever be | on my lips.
I will glory | in the Lord;
let the humble hear | and rejoice. **R.**

Proclaim with me the greatness | of the Lord;
let us exalt his | name together.
I sought the Lord | and he answered me
and delivered me from | all my fear. **R.**

Look upon him | and be radiant;
let not your faces | be ashamed.
I called in my affliction; | the Lord heard me
and saved me from all | my distress. **R.**

The angel of the Lord encompasses | those
who fear him,
and he | will deliver them.
Taste and see that the | Lord is good;
happy are they who | trust in him! **R.**

SECOND READING

Eph 4.25–5.2

A reading from the letter of Paul to the Ephesians.

Having put away falsehood, let each one of you speak the truth with his neighbour, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labour, doing honest work with his own hands, so that he may have something to share with anyone in need. Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God

in Christ forgave you.

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

This is the Word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Jn 6.51

Alleluia.

I am the living bread from heaven, says the Lord:

whoever eats of this bread will live for ever.

Alleluia.

GOSPEL READING

Jn 6.35,41-51

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.

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

So the Jews grumbled about him, because he said, "I am the bread that came down from heaven." They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven?'" Jesus answered them, "Do not grumble among yourselves. No-one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. It is written in the Prophets, 'And they will all be taught by God.' Everyone who has heard and learned from the Father comes to me – not that anyone has seen the Father except he who is from God; he has seen the Father. Truly, truly, I say to you, whoever believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh."

This is the Gospel of the Lord.

Praise to you, O Christ.

PRAYER OVER THE OFFERINGS

Lord, through your Son's one sacrifice you adopted us as your people. In your goodness grant your Church the gifts of unity and peace; through Christ our Lord. **Amen.**

POST-COMMUNION

Lord of all mercy, we your faithful people have celebrated that one true sacrifice which takes away our sins and brings pardon and peace: by our communion keep us firm on the foundation of the gospel and preserve us from all sin; through Jesus Christ our Lord. **Amen.**