

SUNDAY READINGS & PRAYERS

TRINITY 13 (YEAR B) PROPER 16

COLLECT

Almighty God, who called your Church to bear witness that you were in Christ reconciling the world to yourself: help us to proclaim the good news of your love, that all who hear it may be drawn to you; through him who was lifted up on the cross, and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

FIRST READING

Jos 24.1-2,14-18

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel to Shechem and summoned the elders, the heads, the judges, and the officers of Israel. And they presented themselves before God. And Joshua said to all the people,

“Now therefore fear the Lord and serve him in sincerity and in faithfulness. Put away the gods that your fathers served beyond the River and in Egypt, and serve the Lord. And if it is evil in your eyes to serve the Lord, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the Lord.”

Then the people answered, “Far be it from us that we should forsake the Lord to serve other gods, for it is the Lord our God who brought us and our fathers up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight and preserved us in all the way that we went, and among all the peoples through whom we passed. And the Lord drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the Lord, for he is our God.”

This is the Word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

from Ps 34



R. On the day I called, you answered me,
O Lord. (*All repeat*)



The eyes of the Lord are up-^lon the
righteous,
and his ears are open ^lto their cry.
The Lord turns his face against those ^lwho
do evil,
to root out the remembrance of them ^lfrom
the earth. **R.**

The Lord hears the righteous ^lwhen they cry,
and delivers them from ^lall their troubles.
The Lord is near to the ^lbroken-hearted;
those whose spirit is crushed ^lhe will save. **R.**

Many are the troubles ^lof the righteous,
but the Lord will deliver him ^lfrom them all.
He will keep safe ^lall his bones;
not one of them ^lshall be broken. **R.**

Evil shall ^lslay the wicked,
and those who hate the righteous ^lwill be
punished.
The Lord ransoms the souls ^lof his servants.
Those who trust in him shall not ^lbe
condemned. **R.**

SECOND READING

Eph 6.10-20

A reading from the letter of Paul to the Ephesians.

Finally, be strong in the Lord and in the strength of his might. Put on the whole armour of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for

your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

This is the Word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Jn 6.63,68

Alleluia.

Your words are spirit, Lord, and they are life: you have the message of eternal life.

Alleluia.

GOSPEL READING

Jn 6.56–69

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:

“Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate and died. Whoever feeds on this bread will live for ever.” Jesus said these things in the synagogue, as he taught at Capernaum.

When many of his disciples heard it, they said, “This is a hard saying; who can listen to it?” But Jesus, knowing in himself that his disciples were grumbling about this, said to them, “Do you take offence at this? Then what if you were to see the Son of Man ascending to where he was before? It is the Spirit who

gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life. But there are some of you who do not believe.” (For Jesus knew from the beginning who those were who did not believe, and who it was who would betray him.) And he said, “This is why I told you that no-one can come to me unless it is granted him by the Father.”

After this many of his disciples turned back and no longer walked with him. So Jesus said to the twelve, “Do you want to go away as well?” Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God.”

This is the Gospel of the Lord.

Praise to you, O Christ.

PRAYER OVER THE OFFERINGS

O God, source of true devotion and peace, grant that through this offering we may pay you the worship that we owe and receive this sacrament with united hearts; through Christ our Lord. **Amen.**

POST-COMMUNION

God our creator, you feed your children with the true manna, the living bread from heaven: let this holy food sustain us through our earthly pilgrimage until we come to that place where hunger and thirst are no more; through Jesus Christ our Lord. **Amen.**