**FIRST READING: 1 Kings 19:4-8**

A reading from the first book of Kings

Elijah walked a whole day into the wilderness. He stopped and sat down in the shade of a tree and wished he would die. “It's too much, Lord,” he prayed. “Take away my life; I might as well be dead!” He lay down under the tree and fell asleep. Suddenly an angel touched him and said, “Wake up and eat.” He looked around and saw a loaf of bread and a jar of water near his head. He ate and drank, and lay down again. The Lord's angel returned and woke him up a second time, saying, “Get up and eat, or the trip will be too much for you.” Elijah got up, ate and drank, and the food gave him enough strength to walk forty days to Sinai, the holy mountain.

**Psalm 34: 1-8**

**R Turn from evil and do good.**

I will always thank the Lord;I will never stop praising him. I will praise him for what he has done; may all who are oppressed listen and be glad! Proclaim with me the Lord's greatness; let us praise his name together! I prayed to the Lord, and he answered me; he freed me from all my fears. **R**

The oppressed look to him and are glad; they will never be disappointed. The helpless call to him, and he answers; he saves them from all their troubles. R

His angel guards those who honour the Lord and rescues them from danger. Find out for yourself how good the Lord is. Happy are those who find safety with him. R

**Second Reading: Ephesians 4:25 – 5:2**

A reading from the letter of Paul to the Ephesians

No more lying, then! Each of you must tell the truth to the other believer, because we are all members together in the body of Christ. If you become angry, do not let your anger lead you into sin, and do not stay angry all day. Don't give the Devil a chance. If you used to rob, you must stop robbing and start working, in order to earn an honest living for yourself and to be able to help the poor. Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you. And do not make God's Holy Spirit sad; for the Spirit is God's mark of ownership on you, a guarantee that the Day will come when God will set you free. Get rid of all bitterness, passion, and anger. No more shouting or insults, no more hateful feelings of any sort. Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ. Since you are God's dear children, you must try to be like him. Your life must be controlled by love, just as Christ loved us and gave his life for us as a sweet-smelling offering and sacrifice that pleases God.

**GOSPEL: John 6:35, 41-51**

Hear the gospel of our Lord Jesus Christ according to John

**Glory to you O Lord.**

“I am the bread of life,” Jesus told them. “Those who come to me will never be hungry; those who believe in me will never be thirsty. The people started grumbling about him, because he said, “I am the bread that came down from heaven.” So they said, “This man is Jesus son of Joseph, isn't he? We know his father and mother. How, then, does he now say he came down from heaven?” Jesus answered, “Stop grumbling among yourselves. People cannot come to me unless the Father who sent me draws them to me; and I will raise them to life on the last day. The prophets wrote, ‘Everyone will be taught by God.’ Anyone who hears the Father and learns from him comes to me. This does not mean that anyone has seen the Father; he who is from God is the only one who has seen the Father. I am telling you the truth: he who believes has eternal life. I am the bread of life. Your ancestors ate manna in the desert, but they died. But the bread that comes down from heaven is of such a kind that whoever eats it will not die. I am the living bread that came down from heaven. If you eat this bread, you will live forever. The bread that I will give you is my flesh, which I give so that the world may live.”

This is the Gospel of the Lord.

**Praise to you, O Christ.**