

Readings + 12th Sunday after Pentecost, Lect. 19 B + August 11, 2024

Prayer of the Day

Gracious God, your blessed Son came down from heaven to be the true bread that gives life to the world. Give us this bread always, that he may live in us and we in him, and that strengthened by this food, we may live as his body in the world, through Jesus Christ, our Savior and Lord. Amen

First Reading 1 Kings 19:4-8

⁴ Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." ⁵ Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." ⁶ He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. ⁷ The angel of the LORD came a second time, touched him, and said, "Get up and eat, or the journey will be too much for you." ⁸ Elijah got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

Psalmody Psalm 34:1-8

I will bless the LORD at all times; the praise of God shall ever be in my mouth.

I will glory in the LORD; let the lowly hear and rejoice.

Proclaim with me the greatness of the LORD; let us exalt God's name together.

I sought the LORD, who answered me and delivered me from all my terrors.

Look upon the LORD and be radiant, and let not your faces be ashamed.

I called in my affliction, and the LORD heard me and saved me from all my troubles.

The angel of the LORD encamps around those who fear the LORD and delivers them.

Taste and see that the LORD is good; happy are they who take refuge in God!

Second Reading Ephesians 4:25 – 5:2

Paul writes: ²⁵ So then, putting away falsehood, let each of you speak the truth with your neighbor, for we are members of one another.

²⁶ Be angry but do not sin; do not let the sun go down on your anger, ²⁷ and do not make room for the devil. ²⁸ Those who steal must give up stealing; rather, let them labor, doing good work with their own hands, so as to have something to share with the needy. ²⁹ Let no evil talk come out of your mouths but only what is good for building up, as there is need, so that your words may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption.

³¹ Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. ^{5:1} Therefore be imitators of God, as beloved children, ² and walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Holy Gospel John 6:35 (36-40) 41-51

We continue with John's description of the aftermath to the feeding of 5,000, not replicated in any of the other Gospels. Note – we're adding verses 36-40, omitted by the lectionary, because they're very important to the promise Jesus is making here.

³⁵ Jesus said to the crowd, ¹ "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." ³⁶ But I said to you that you have seen me and yet do not trust. ³⁷ Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away, ³⁸ for I have come down from heaven not to do my own will but the will of the one who sent me. ³⁹ And this is the will of the one who sent me, that I should lose nothing of all that I have been given but raise it up on the last day. ⁴⁰ This is indeed the will of my Father, that all who see the Son and

believe in him may have eternal life, and I will raise them up on the last day.”

⁴¹ Then some began to complain about Jesus because he said, “I am the bread that came down from heaven.” ⁴² They were saying, “Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I have come down from heaven?’” ⁴³ Jesus answered them, “Do not complain among yourselves. ⁴⁴ No one can come to me unless drawn by the Father who sent me, and I will raise that person up on the last day. ⁴⁵ It is written in the prophets,

‘And they shall all be taught by God.’

Everyone who has heard and learned from the Father comes to me. ⁴⁶ Not that anyone has seen the Father except the one who is from God; this one has seen the Father.

⁴⁷ “I tell you the truth, whoever believes has eternal life. ⁴⁸ I am the bread of life. ⁴⁹ Your ancestors ate the manna in the wilderness, and they died. ⁵⁰ This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹ I am the living bread that came down from heaven. Whoever eats of this bread will live forever, and the bread that I will give for the life of the world is my flesh.”