

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.

FIRST READING

Proverbs 9:1-6

A reading from the book of Proverbs.

Wisdom has built her house,
she has hewn her seven pillars.
She has slaughtered her animals,
she has mixed her wine, she
has also set her table. She has
sent out her servant-girls, she
calls from the highest places in
the town, "You that are simple,
turn in here!" To those without
sense she says, "Come, eat
of my bread and drink of the
wine I have mixed. Lay aside
immaturity, and live, and walk
in the way of insight."

PSALM Psalm 34:9-14

R *The Lord is near to the
brokenhearted.*

or

R *The Lord ransoms the life of
his servants.*

Fear the Lord, you that are his
saints,
for those who fear him lack
nothing.

The young lions lack and suffer
hunger,
but those who seek the Lord
lack nothing that is good. **R**

Come, children, and listen to
me;
I will teach you the fear of the
Lord.

Who among you loves life
and desires long life to enjoy
prosperity? **R**

Keep your tongue from
evil-speaking
and your lips from lying words.
Turn from evil and do good;
seek peace and pursue it. **R**

SECOND READING

Ephesians 5:15-20

*A reading from the letter of
Paul to the Ephesians.*

Brothers and sisters, be
careful then how you live,
not as unwise people but as
wise, making the most of the
time, because the days are
evil. So do not be foolish, but
understand what the will of the
Lord is. Do not get drunk with
wine, for that is debauchery;
but be filled with the Spirit,
as you sing psalms and hymns
and spiritual songs among
yourselves, singing and making
melody to the Lord in your
hearts, giving thanks to God
the Father at all times and for
everything in the name of our
Lord Jesus Christ.

GOSPEL John 6:51-58

*Hear the gospel of our Lord
Jesus Christ according to
John.*

Jesus said to the crowd: "I
am the living bread that came
down from heaven. Whoever
eats of this bread will live for

ever; and the bread that I will
give for the life of the world
is my flesh." The Jews then
disputed among themselves,
saying, "How can this man
give us his flesh to eat?" So
Jesus said to them, "Very
truly, I tell you, unless you eat
the flesh of the Son of Man
and drink his blood, you have
no life in you. Those who eat
my flesh and drink my blood
have eternal life, and I will
raise them up on the last day;
for my flesh is true food and
my blood is true drink. Those
who eat my flesh and drink my
blood abide in me, and I in
them. Just as the living Father
sent me, and I live because of
the Father, so whoever eats
me will live because of me.
This is the bread that came
down from heaven, not like
that which your ancestors ate,
and they died. But the one
who eats this bread will live
for ever."

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.