

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

Fear the Lord, all you his holy
ones,
for those who fear him lack
nothing.
Lions may lack and suffer hunger,

but those who seek the Lord
lack nothing that is good. **R**

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

Who is there who delights in life
and longs for days to enjoy good
things? **R**

Keep your tongue from evil
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.

