

**ENTRANCE ANTIPHON**

Look to your covenant, O Lord,  
and forget not the life of your poor ones for  
ever.

Arise, O God, and defend your cause,  
and forget not the cries of those who seek  
you.

**GLORIA**

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.

**COLLECT**

Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and  
daughters,  
that we may merit to enter into the  
inheritance  
which you have promised.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
one God, for ever and ever.  
Amen.

**FIRST READING**

1 Kings 19:4-8

A reading from the first book of Kings.  
Elijah went into the wilderness, a day's  
journey, and sitting under a furze bush  
wished he were dead. "Lord," he said "I have  
had enough. Take my life; I am no better than  
my ancestors." Then he lay down and went  
to sleep. But an angel touched him and said,  
"Get up and eat." He looked round, and there  
at his head was a scone baked on hot stones,  
and a jar of water. He ate and drank and then  
lay down again. But the angel of the Lord  
came back a second time and touched him  
and said, "Get up and eat, or the journey will  
be too long for you." So he got up and ate  
and drank, and strengthened by that food  
he walked for forty days and forty nights until  
he reached Horeb, the mountain of God.

The word of the Lord.

Thanks be to God.

**PSALM**

Psalms 33

Response:

Taste and see that the Lord is good.

1. I will bless the Lord at all times,

his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. (R.)

2. Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. (R.)

3. Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress. (R.)

4. The angel of the Lord is encamped  
around those who revere him, to rescue  
them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. (R.)

**SECOND READING** Ephesians 4:30-5:2

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

Do not grieve the Holy Spirit of God who  
has marked you with his seal for you to  
be set free when the day comes. Never  
have grudges against others, or lose your  
temper, or raise your voice to anybody, or  
call each other names, or allow any sort of  
spitefulness. Be friends with one another, and  
kind, forgiving each other as readily as God  
forgave you in Christ.

Try, then, to imitate God, as children of his  
that he loves, and follow Christ by loving as  
he loved you, giving himself up in our place  
as a fragrant offering and a sacrifice to God.

The word of the Lord.

Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

If anyone loves me he will keep my word,  
and my Father will love him,  
and we shall come to him.  
Alleluia!

**GOSPEL**

John 6:41-51

A reading from the holy Gospel according to  
John.

The Jews were complaining to each other  
about Jesus, because he had said, "I am the  
bread that came down from heaven." "Surely  
this is Jesus son of Joseph" they said. "We  
know his father and mother. How can he now  
say, 'I have come down from heaven'?" Jesus  
said in reply, "Stop complaining to each  
other.

"No one can come to me  
unless he is drawn by the Father who sent  
me,  
and I will raise him up at the last day.  
It is written in the prophets:  
They will all be taught by God,  
and to hear the teaching of the Father,  
and learn from it,  
is to come to me.

Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.

I tell you most solemnly,  
everybody who believes has eternal life.  
I am the bread of life.  
Your fathers ate the manna in the desert  
and they are dead;  
but this is the bread that comes down from  
heaven,

so that a man may eat it and not die.  
I am the living bread which has come down  
from heaven.

Anyone who eats this bread will live for  
ever;  
and the bread that I shall give  
is my flesh, for the life of the world."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.

God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;

through him all things were made.

For us men and for our salvation  
he came down from heaven,

*(all bow during the next three lines)*

and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.

For our sake he was crucified under  
Pontius Pilate,

he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.

He ascended into heaven

and is seated at the right hand of the Father.

He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and  
apostolic Church.

I confess one Baptism for the forgiveness  
of sins

and I look forward to the resurrection of the  
dead  
and the life of the world to come. Amen.

**PRAYER OVER THE OFFERINGS**

Be pleased, O Lord, to accept the offerings of  
your Church,  
for in your mercy you have given them to be  
offered

and by your power you transform them  
into the mystery of our salvation.

Through Christ our Lord.

Amen.

**COMMUNION ANTIPHON**

O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.

**PRAYER AFTER COMMUNION**

May the communion in your Sacrament  
that we have consumed, save us, O Lord,  
and confirm us in the light of your truth.  
Through Christ our Lord.

Amen.





# THE BREAD THAT I SHALL GIVE

(JOHN 6: 41-51)

The tone of today's Gospel is quite different to the great 'Bread of Life' sermon given by Jesus last week. The crowd today are questioning what Jesus has just said. How can he be the Son of God?

The people who have been following Jesus and listening attentively to his Word seem to have a detailed description of his family of origin. He is not the Son of David but the son of Joseph, the carpenter. They say, "We know his father and mother. How can he now say, 'I have come down from heaven?'" Indeed Jesus is firm with them and tells them to stop complaining. The short sermon that follows tells people about how God draws people to Jesus and about the resurrection on the last day. It's interesting to note that Jesus seems to be under a little bit of pressure to prove his identity and his mission. He begins by quoting the prophets to provide the evidence required to convince the Jews that he indeed is the bread that has come down from heaven. He even reaches far back to the time of the Exodus when people fed from the manna in the desert. Those who ate of that bread died but those who eat the bread that comes from heaven will live forever.

The end of this sermon is probably going to shock the Jews a little. The word 'flesh' is used to describe the bread being offered by Jesus. "The bread that I will give is my flesh for the life of the world." Whatever difficulty the Jews may have in understanding the identity of Jesus, they now have this tricky image to deal with. But this image of flesh has an even greater significance. For God so loved the world that the flesh of his own Son will be sacrificed on a cross. Greater clarity will emerge for this Jewish crowd over the passage of time. ■

## REFLECT

There is no doubt that during the reading of John's Gospel over the coming weeks, we will be struck by some complex language and theological terms. It is perfectly natural in our prayer and reading of the Gospel to ask the question: what is Jesus trying to say here? What is the theological point? Sometimes it can take a couple of readings, and perhaps our time at Mass may not be sufficient to fully comprehend the magnitude of Jesus' testimony to his followers.

I'm going to suggest that the difficulty faced by the Jews and the followers of Jesus was not necessarily the newness of language and ideas, but this spoken reality that God's love is given to us freely and without condition. This is the gift that we receive as Christians. Our response to God's love is to believe in the One he has sent – Jesus Christ. He offers his flesh and blood during the Mass and we are invited to receive, to have faith and to believe. ■

## SAY

God, my Father,  
You have promised to remain  
forever with those  
who do what is just and right.  
Help me to live in Your  
presence.  
Keep before me the wisdom  
and love  
You have made known in  
Your Son.  
Help me to be like Him in  
word and deed. Amen.

## LEARN

"Jesus was aware of the purpose of his mission: to announce the Kingdom of God and make it present in his own Person, in his actions, and in his words, so that the world would become reconciled with God and renewed."

(International Theological Commission, *The Consciousness of Christ Concerning Himself and His Mission*, 1985)

## DO

Read this Gospel again and become more conscious of Christ handing himself over to us so that we might share in his life. This gift of Christ's presence has its foundation in God's unconditional love for his people.