



PROPER 14 IN ORDINARY TIME

NINETEENTH SUNDAY OF THE YEAR YEAR B

1 Kings 19:4-8

A reading from the first book of the Kings

Strengthened by the food, he walked to the mountain of the Lord.

Elijah went a day's journey into the wilderness, and came and sat down under a broom tree; and he asked that he might die, saying, "It is enough; now, O Lord, take away my life; for I am no better than my fathers." And he lay down and slept under a broom tree; and behold, an angel touched him, and said to him, "Arise and eat." And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank, and lay down again. And the angel of the Lord came again a second time, and touched him, and said, "Arise and eat, else the journey will be too great for you." And he arose, and ate and drank, and went in the strength of that food forty days and forty nights to Horeb the mount of God.

The Word of the Lord.

Psalm 34:1-8 [page 627]

Ephesians 4:25—5:2

A reading from the letter of Paul to the Ephesians

Walk in love, just as Christ.

Therefore, putting away falsehood, let every one speak the truth with his neighbor, for we are members one of another. Be angry but do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his hands, so that he may be able to give to those in need. Let no evil talk come out of your mouths, but only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear. And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.

The Word of the Lord.

John 6:35, 41-51

Alleluia, Alleluia, Alleluia.

Jesus said to them, “I am the bread of life;
he who comes to me shall not hunger.

Alleluia, Alleluia, Alleluia.

**The ☩ Holy Gospel of Our Lord Jesus Christ
according to John**

I am the living bread that came down from heaven.

Jesus said to the crowd, “I am the bread of life; he who comes

to me shall not hunger, and he who believes in me shall never thirst. The Jews then murmured at Him, because He said, “I am the bread which came down from heaven.” They said, “Is not this Jesus, the son of Joseph, whose father and mother we know? How does He now say, ‘I have come down from heaven’?” Jesus answered them, “Do not murmur among yourselves. No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day. It is written in the prophets, ‘And they shall all be taught by God.’ Every one who has heard and learned from the Father comes to me. Not that any one has seen the Father except him who is from God; he has seen the Father. Truly, truly, I say to you, he who believes has eternal life. I Am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.”

The gospel of the Lord.