



## Prayer of the Day

Almighty, eternal God, increase in us your gifts of faith, hope and love; and in order that love may abide in us, help us to celebrate what your love has done for us. Grant this, we pray, through Jesus Christ, your Son, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## First Reading: Joshua 24:1-2a, 14-18

<sup>1</sup>Joshua gathered all the tribes of Israel to Shechem and summoned the elders, the heads, the judges, and the officers of Israel. And they presented themselves before God. <sup>2a</sup>And Joshua said to all the people,

<sup>14</sup>“Now therefore fear the LORD and serve him in sincerity and in faithfulness. Put away the gods that your fathers served beyond the River and in Egypt, and serve the LORD. <sup>15</sup>And if it is evil in your eyes to serve the LORD, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the LORD.” <sup>16</sup>Then the people answered, “Far be it from us that we should forsake the LORD to serve other gods, <sup>17</sup>for it is the LORD our God who brought us and our fathers up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight and preserved us in all the way that we went, and among all the peoples through whom we passed. <sup>18</sup>And the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God.”

## Psalm 34:12-22

<sup>12</sup>Who among | you loves life\*  
and desires long life to en- | joy prosperity?  
<sup>13</sup>**Keep your tongue from | evil speaking\***  
**and your lips from | lying words.**  
<sup>14</sup>Turn from evil | and do good,\*  
seek peace | and pursue it.  
<sup>15</sup>**The eyes of the LORD are up- | on the righteous,\***  
**and his ears are open | to their cry.**  
<sup>16</sup>The face of the LORD is against those | who do evil,\*  
to root out the remembrance of them | from the earth.  
<sup>17</sup>**The righteous cry, and | the LORD hears them\***  
**and delivers them from | all their troubles.**  
<sup>18</sup>The LORD is near to the | brokenhearted\*  
and will save those whose spir- | its are crushed.  
<sup>19</sup>**Many are the troubles | of the righteous,\***  
**but the LORD will deliver him out | of them all.**  
<sup>20</sup>He will keep safe | all his bones,\*  
not one of them | shall be broken.  
<sup>21</sup>**Evil shall | slay the wicked,\***  
**and those who hate the righteous | will be punished.**  
<sup>22</sup>The LORD ransoms the life | of his servants,\*  
and none will be punished who | trust in him.

## Second Reading: Ephesians 5:6-21

<sup>6</sup>Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. <sup>7</sup>Therefore do not become partners with them; <sup>8</sup>for at one time you were darkness, but now you are light in the Lord. Walk as children of light <sup>9</sup>(for the fruit of light is found in all that is good and right and true), <sup>10</sup>and try to discern what is pleasing to the Lord. <sup>11</sup>Take no part in the unfruitful works of darkness, but instead expose them. <sup>12</sup>For it is shameful even to speak of the things that they do in secret. <sup>13</sup>But when anything is exposed by the light, it becomes visible, <sup>14</sup>for anything that becomes visible is light. Therefore it says, “Awake, O sleeper, and arise from the dead, and Christ will shine on you.” <sup>15</sup>Look carefully then how you walk, not as unwise but as wise, <sup>16</sup>making the best use of the time, because the days are evil. <sup>17</sup>Therefore do not be foolish, but understand what the will of the Lord is. <sup>18</sup>And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, <sup>19</sup>addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, <sup>20</sup>giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, <sup>21</sup>submitting to one another out of reverence for Christ.

## Gospel: John 6:51-69

<sup>51</sup>{Jesus said to the Jews grumbling about him,} “I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh.” <sup>52</sup>The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” <sup>53</sup>So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup>Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. <sup>55</sup>For my flesh is true food, and my blood is true drink. <sup>56</sup>Whoever feeds on my flesh and drinks my blood abides in me, and I in him. <sup>57</sup>As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. <sup>58</sup>This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live forever.” <sup>59</sup>Jesus said these things in the synagogue, as he taught at Capernaum. <sup>60</sup>When many of his disciples heard it, they said, “This is a hard saying; who can listen to it?” <sup>61</sup>But Jesus, knowing in himself that his disciples were grumbling about this, said to them, “Do you take offense at this? <sup>62</sup>Then what if you were to see the Son of Man ascending to where he was before? <sup>63</sup>It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life. <sup>64</sup>But there are some of you who do not believe.” (For Jesus knew from the beginning who those were who did not believe, and who it was who would betray him.) <sup>65</sup>And he said, “This is why I told you that no one can come to me unless it is granted him by the Father.” <sup>66</sup>After this many of his disciples turned back and no longer walked with him. <sup>67</sup>So Jesus said to the twelve, “Do you want to go away as well?” <sup>68</sup>Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life, <sup>69</sup>and we have believed, and have come to know, that you are the Holy One of God.”

Lessons for Next Week: Isaiah 29:11-19; Psalm 14;  
Ephesians 5:22-33; Mark 7:1-13