

**THE TENTH SUNDAY AFTER PENTECOST**  
**9th August 2009**

**First Reading**

**1 Kings 19:4-8**

**A reading from the first book of 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 solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors."

Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

Hear the word of the Lord

**Thanks be to God.**

**Responsorial Psalm**

**Ps. 33(34)**

**Response:** *Taste and see the goodness of the Lord.*

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.**

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.**

Look towards him and be radiant;  
let your faces not be abashed.  
When the poor cry out the Lord hears them  
and rescues them from all their distress. **R.**

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
They are happy who seek refuge in him. **R.**

**Second Reading**

**Eph. 4:25-32**

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

*Walk in love, just as Christ.*

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Hear the word of the Lord

**Thanks be to God.**

**Gospel Acclamation**

**Alleluia! Alleluia!** I am the living bread from heaven, says the Lord whoever eats this bread will live forever. **Alleluia!**

**GOSPEL**

**Jn. 6:35, 41-51**

✠ A reading from the holy gospel according to John

**R. Glory to you Lord Christ.**

*I am the living bread that came down from heaven.*

Jesus said to the crowd, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

The Jews began to complain about Jesus because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?"

Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

For the Gospel of the Lord

**Praise to you Lord Christ.**

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