

COLLECT

Almighty and everlasting God, you are always more ready to hear than we to pray and to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid and giving us those good things which we are not worthy to ask but through the merits and mediation of 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

Either **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."

Or **1 Kings 2:10-12; 3:3-14**

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**



Come, child-ren, and lis-ten to me;

I will teach you the fear of the Lord.

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

God of all mercy, in this eucharist you have set aside our sins and given us your healing: grant that we who are made whole in Christ may bring that healing to this broken world, in the name of Jesus Christ our Lord.