

# Readings + 11<sup>th</sup> Sunday after Pentecost, Lect. 18 B + August 4, 2024

## Prayer of the Day

O God, eternal goodness, immeasurable love, you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes only from you, through Jesus Christ, our Savior and Lord. Amen

## First Reading Exodus 16:2-4, 9-15

<sup>2</sup>The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. <sup>3</sup>The Israelites said to them, “If only we had died by the hand of the LORD in the land of Egypt, when we sat by the pots of meat and ate our fill of bread, for you have brought us out into this wilderness to kill this whole assembly with hunger.”

<sup>4</sup>Then the LORD said to Moses, “I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.”

<sup>9</sup>Then Moses said to Aaron, “Say to the whole congregation of the Israelites: ‘Draw near to the LORD, for the LORD has heard your complaining.’” <sup>10</sup>And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. <sup>11</sup>The LORD spoke to Moses, <sup>12</sup>“I have heard the complaining of the Israelites; say to them, ‘At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.’”

<sup>13</sup>In the evening quails came up and covered the camp, and in the morning there was a layer of dew around the camp. <sup>14</sup>When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. <sup>15</sup>When the Israelites saw it, they said to one another, “What is it?” For they did not know what it was. Moses said to them, “It is the bread that the LORD has given you to eat.”

## Psalmody Psalm 78:23-29

So God commanded the clouds above and opened the doors of heaven,  
**raining down manna upon them to eat and giving them grain from heaven.**

So mortals ate the bread of angels; God provided for them food enough.

**The LORD caused the east wind to blow in the heavens and powerfully led out the south wind,**

raining down flesh upon them like dust and flying birds like the sand of the seas,

**letting them fall in the midst of the camp and round about the dwellings.**

So the people ate and were well filled, for God gave them what they craved.

## Second Reading Ephesians 4:1-16

*Paul writes:* <sup>1</sup>I, therefore, the prisoner in the Lord, beg you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup>with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup>making every effort to maintain the unity of the Spirit in the bond of peace: <sup>4</sup>there is one body and one Spirit, just as you were called to the one hope of your calling, <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God, the Father of all, who is above all and through all and in all.

<sup>7</sup>But each of us was given grace according to the measure of Christ’s gift. <sup>8</sup>Therefore it is said, “When he ascended on high, he made captivity itself a captive;

he gave gifts to his people.”

<sup>9</sup>(When it says, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? <sup>10</sup>The One who descended is the same one who ascended far above all the heavens, so that Christ might fill all things.) <sup>11</sup>Christ himself granted that some are apostles, prophets, evangelists, pastors and teachers <sup>12</sup>to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup>until all of us come to the unity of the faith and

of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

<sup>14</sup> We must no longer be children, tossed to and fro and blown about by every wind of doctrine by people's trickery, by their craftiness in deceitful scheming; <sup>15</sup> but speaking the truth in love, we must grow up in every way into the one who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

## **Holy Gospel** John 6:(16-21)22-35

*Note: the Gospel appointed for today is John 6:24-35. Included here are verses 16-21 from last week's Gospel (if we hadn't had St. James), plus 22-23, which the lectionary had omitted. (We typically move the walking on water story from being attached at the end of the feeding story to starting the follow-up stories.)*

*As to the text, all the Gospels tell of the walking on water following the miraculous feeding. Only John tells the immediate aftermath to the feeding of 5,000, which will be our Gospel these next four weeks.*

<sup>16</sup> When evening came [after the feeding of the crowds with bread and fish], Jesus' disciples went down to the sea, <sup>17</sup> got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. <sup>18</sup> The sea became rough because a strong wind was blowing. <sup>19</sup> When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified.

<sup>20</sup> But Jesus said to them, "Here I am; do not be afraid." <sup>21</sup> Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

<sup>22</sup> The next day the crowd that had stayed on the other side of the sea saw that there had been only one boat there. They also saw that Jesus had not got into the boat with his disciples, but that his disciples had gone away alone. <sup>23</sup> Then some boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks.

<sup>24</sup> So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. <sup>25</sup> When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" <sup>26</sup> Jesus answered them, "I tell you the truth, you are looking for me not because you saw signs but because you ate your fill of the loaves. <sup>27</sup> Do not work for the food that perishes but for the food that endures for eternal life, which the Son-of-Humanity will give you. For it is on the Son-of-Humanity that God, the Father, has set the seal."

<sup>28</sup> Then they said to Jesus, "What must we do to perform the works of God?" <sup>29</sup> Jesus answered them, "This is the work of God, that you believe in the one whom God has sent." <sup>30</sup> So they said to him, "What sign are you going to give us, then, so that we may see it and believe you? What work are you performing?" <sup>31</sup> Our ancestors ate the manna in the wilderness, as it is written, 'He gave them bread from heaven to eat.' " <sup>32</sup> Then Jesus said to them, "I tell you the truth, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. <sup>33</sup> For the bread of God is that which comes down from heaven and gives life to the world." <sup>34</sup> They said to him, "Sir, give us this bread always."

<sup>35</sup> Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."