

## 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** *The Lord is near to the  
brokenhearted.*

or

**R** *The Lord ransoms the life of  
his servants.*

Fear the Lord, you that are his  
saints,  
for those who fear him lack  
nothing.  
The young lions lack and suffer  
hunger,  
but those who seek the Lord  
lack nothing that is good. **R**  
Come, children, and listen to  
me;  
I will teach you the fear of the  
Lord.  
Who among you loves life  
and desires long life to enjoy  
prosperity? **R**

Keep your tongue from  
evil-speaking  
and your lips from lying words.  
Turn from evil and do good;  
seek peace and pursue it. **R**

## 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.