

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.