

Sentence of Scripture

Jesus said,

‘Those who eat my flesh and drink my blood abide in me, and I in them.’

John 6.56

Prayer of the day

Everliving God,
your Son, Jesus Christ,
gave himself as living bread for the life of the world:
give us such a knowledge of his presence
that we may be strengthened and sustained
by his risen life to serve you continually;
through Jesus Christ our Lord,
who lives and reigns with you in unity with the Holy Spirit,
one God, for ever and ever. Amen.

Readings

1 Kings 2:10–12; 3:3–14

¹⁰ Then David slept with his ancestors, and was buried in the city of David. ¹¹ The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. ¹² So Solomon sat on the throne of his father David; and his kingdom was firmly established.

³ Solomon loved the LORD, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. ⁴ The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. ⁵ At Gibeon the LORD appeared to Solomon in a dream by night; and God said, “Ask what I should give you.” ⁶ And Solomon said, “You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. ⁷ And now, O LORD my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. ⁸ And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. ⁹ Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?”

¹⁰ It pleased the Lord that Solomon had asked this. ¹¹ God said to him, “Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, ¹² I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. ¹³ I give you also what you have not asked, both riches and honor all your life; no other king shall compare with you. ¹⁴ If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life.”

(NRSV)

Hear the word of the Lord, **thanks be to God.**

Psalm 111

1 O praise the Lord. I will praise the Lord with my whole heart:

**in the company of the upright
and among the congregation.**

2 The works of the Lord are great:

and studied by all who take delight in them.

3 His deeds are majestic and glorious:

and his righteousness stands for ever.

4 His marvellous acts have won him a name to be remembered:

the Lord is gracious and merciful.

5 He gives food to those that fear him:

he remembers his covenant for ever.

6 He showed his people the power of his acts:

in giving them the heritage of the heathen.

7 The works of his hands are faithful and just:

and all his commandments are sure;

8 They stand firm for ever and ever:

they are done in faithfulness and in truth.

9 He sent redemption to his people, he ordained his covenant for ever:

holy is his name and worthy to be feared.

10 The fear of the Lord is the beginning of wisdom,

and of good understanding are those that keep his commandments:

his praise shall endure for ever.

Ephesians 5:11–21

¹¹ Take no part in the unfruitful works of darkness, but instead expose them. ¹² For it is shameful even to mention what such people do secretly; ¹³ but everything exposed by the light becomes visible, ¹⁴ for everything that becomes visible is light. Therefore it says, “Sleeper, awake! Rise from the dead, and Christ will shine on you.”

¹⁵ Be careful then how you live, not as unwise people but as wise, ¹⁶ making the most of the time, because the days are evil. ¹⁷ So do not be foolish, but understand what the will of the Lord is. ¹⁸ Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹ as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰ giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

²¹ Be subject to one another out of reverence for Christ.

(NRSV)

Hear the word of the Lord, **thanks be to God.**

John 6:51–58

The Gospel of our Lord Jesus Christ **Glory to you Lord Jesus Christ.**

⁵¹ 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.”

⁵² The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” ⁵³ 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. ⁵⁴ Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵ for my flesh is true food and my blood is true drink. ⁵⁶ Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷ Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸ 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 forever.”

This is the Gospel of our Lord, **praise to you Lord Jesus Christ.**

(NRSV)