

BIBLE READINGS SUNDAY 8th AUGUST

1 Kings 19:4-8

Elijah⁴ then walked another whole day into the desert. Finally, he came to a large bush and sat down in its shade. He begged the LORD, "I've had enough. Just let me die! I'm no better off than my ancestors."⁵ Then he lay down in the shade and fell asleep.

Suddenly an angel woke him up and said, "Get up and eat."⁶ Elijah looked around, and by his head was a jar of water and some baked bread. He sat up, ate and drank, then lay down and went back to sleep.

⁷ Soon the LORD's angel woke him again and said, "Get up and eat, or else you'll get too tired to travel."⁸ So Elijah sat up and ate and drank. The food and water made him strong enough to walk forty more days. At last, he reached Mount Sinai, the mountain of God,

This is the Word of the Lord.

Ephesians 4:25 - 5:2

²⁵ We are part of the same body. Stop lying and start telling each other the truth. ²⁶ Don't get so angry that you sin. Don't go to bed angry ²⁷ and don't give the devil a chance.

²⁸ If you are a thief, quit stealing. Be honest and work hard, so you will have something to give to people in need.

²⁹ Stop all your dirty talk. Say the right thing at the right time and help others by what you say.

³⁰ Don't make God's Spirit sad. The Spirit makes you sure that someday you will be free from your sins.

³¹ Stop being bitter and angry and mad at others. Don't yell at one another or curse each other or ever be rude. ³² Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.

5 Do as God does. After all, you are his dear children. ² Let love be your guide. Christ loved us and offered his life for us as a sacrifice that pleases God.

This is the Word of the Lord.

John 6:35,41-51

³⁵ Jesus replied:

I am the bread that gives life! No one who comes to me will ever be hungry. No one who has faith in me will ever be thirsty.

⁴¹ The people started grumbling because Jesus had said he was the bread that had come down from heaven. ⁴² They were asking each

other, "Isn't he Jesus, the son of Joseph? Don't we know his father and mother? How can he say that he has come down from heaven?"

⁴³ Jesus told them:

Stop grumbling! ⁴⁴ No one can come to me, unless the Father who sent me makes them want to come. But if they do come, I will raise them to life on the last day. ⁴⁵ One of the prophets wrote, "God will teach all of them." And so everyone who listens to the Father and learns from him will come to me.

⁴⁶ The only one who has seen the Father is the one who has come from him. No one else has ever seen the Father. ⁴⁷ I tell you for certain that everyone who has faith in me has eternal life.

⁴⁸ I am the bread that gives life! ⁴⁹ Your ancestors ate manna in the desert, and later they died. ⁵⁰ But the bread from heaven has come down, so that no one who eats it will ever die. ⁵¹ I am that bread from heaven! Everyone who eats it will live forever. My flesh is the life-giving bread that I give to the people of this world.

This is the Gospel of the Lord.