Daily Reading for Sunday, August 1st, 2021

**Reading 1, *Exodus 16:2-4, 12-15***

2 And the whole community of [Israelites](https://www.catholic.org/encyclopedia/view.php?id=6210) began complaining about [Moses](https://www.catholic.org/encyclopedia/view.php?id=8218) and [Aaron](https://www.catholic.org/encyclopedia/view.php?id=5) in the desert 3 and said to them, 'Why did we not die at Yahweh's hand in Egypt, where we used to sit round the flesh pots and could eat to our heart's content! As it is, you have led us into this [desert](https://www.catholic.org/encyclopedia/view.php?id=3788) to starve this entire assembly to death!' 4 Yahweh then said to Moses, 'Look, I shall rain down bread for you from the heavens. Each day the people must go out and [collect](https://www.catholic.org/encyclopedia/view.php?id=3126) their ration for the day; I propose to test them in this way to see whether they [will](https://www.catholic.org/encyclopedia/view.php?id=12332) follow my [law](https://www.catholic.org/encyclopedia/view.php?id=6916) or not. 12 'I have heard the Israelites' complaints. Speak to them as follows, "At twilight you [will](https://www.catholic.org/encyclopedia/view.php?id=12332) eat meat, and in the morning you [will](https://www.catholic.org/encyclopedia/view.php?id=12332) have bread to your heart's content, and then you [will](https://www.catholic.org/encyclopedia/view.php?id=12332) know that I am [Yahweh](https://www.catholic.org/encyclopedia/view.php?id=6291) your God." ' 13 That evening, quails flew in and covered the camp, and next morning there was a layer of dew all round the camp. 14 When the layer of dew lifted, there on the surface of the [desert](https://www.catholic.org/encyclopedia/view.php?id=3788) was something fine and granular, as fine as hoarfrost on the ground. 15 As soon as the [Israelites](https://www.catholic.org/encyclopedia/view.php?id=6210) saw this, they said to one another, 'What is that ?' not knowing what it was. 'That', [Moses](https://www.catholic.org/encyclopedia/view.php?id=8218) told them, 'is the food which [Yahweh](https://www.catholic.org/encyclopedia/view.php?id=6291) has given you to eat.

**Responsorial Psalm, *Psalms 78:3-4, 23-24, 25, 54***

3 What we have heard and know, what our ancestors have told us 4 we shall not conceal from their descendants, but [will](https://www.catholic.org/encyclopedia/view.php?id=12332) tell to a [generation](https://www.catholic.org/encyclopedia/view.php?id=5044) still to come: the praises of Yahweh, his power, the wonderful deeds he has done.

23 Even so he gave orders to the skies above, he opened the sluice-gates of heaven; 24 he rained down [manna](https://www.catholic.org/encyclopedia/view.php?id=7483) to feed them, he gave them the wheat of heaven;

25 mere mortals ate the bread of the Mighty, he sent them as much food as they could want.

**Reading 2, *Ephesians 4:17, 20-24***

17 So this I say to you and attest to you in the Lord, do not go on living the empty-headed [life](https://www.catholic.org/encyclopedia/view.php?id=7101) that the [gentiles](https://www.catholic.org/encyclopedia/view.php?id=5057) live. 20 Now that is hardly the way you have learnt Christ, 21 unless you failed to hear him properly when you were taught what the [truth](https://www.catholic.org/encyclopedia/view.php?id=11728) is in Jesus. 22 You were to put aside your old self, which belongs to your old way of [life](https://www.catholic.org/encyclopedia/view.php?id=7101) and is corrupted by following illusory desires. 23 Your [mind](https://www.catholic.org/encyclopedia/view.php?id=8001) was to be renewed in spirit 24 so that you could put on the New [Man](https://www.catholic.org/encyclopedia/view.php?id=7463) that has been created on God's principles, in the uprightness and [holiness](https://www.catholic.org/encyclopedia/view.php?id=5813) of the truth.

**Gospel, *John 6:24-35***

24 When the people saw that neither [Jesus](https://www.catholic.org/clife/jesus) nor his disciples were there, they got into those boats and crossed to Capernaum to look for Jesus. 25 When they found him on the other side, they said to him, 'Rabbi, when did you come here?' 26 Jesus answered: In all [truth](https://www.catholic.org/encyclopedia/view.php?id=11728) I tell you, you are looking for me not because you have seen the signs but because you had all the bread you wanted to eat. 27 Do not work for food that goes bad, but work for food that endures for eternal life, which the Son of [man](https://www.catholic.org/encyclopedia/view.php?id=7463) [will](https://www.catholic.org/encyclopedia/view.php?id=12332) give you, for on him the Father, [God](https://www.catholic.org/encyclopedia/view.php?id=5217) himself, has set his seal. 28 Then they said to him, 'What must we do if we are to carry out God's work?' 29 Jesus gave them this answer, 'This is carrying out God's work: you must believe in the one he has sent.' 30 So they said, 'What sign [will](https://www.catholic.org/encyclopedia/view.php?id=12332) you yourself do, the sight of which [will](https://www.catholic.org/encyclopedia/view.php?id=12332) make us believe in you? What work [will](https://www.catholic.org/encyclopedia/view.php?id=12332) you do? 31 Our fathers ate [manna](https://www.catholic.org/encyclopedia/view.php?id=7483) in the desert; as [scripture](https://www.catholic.org/encyclopedia/view.php?id=10624) says: He gave them bread from [heaven](https://www.catholic.org/encyclopedia/view.php?id=5593) to eat.' 32 Jesus answered them: In all [truth](https://www.catholic.org/encyclopedia/view.php?id=11728) I tell you, it was not [Moses](https://www.catholic.org/encyclopedia/view.php?id=8218) who gave you the bread from heaven, it is my Father who gives you the bread from heaven, the true bread; 33 for the bread of [God](https://www.catholic.org/encyclopedia/view.php?id=5217) is the bread which comes down from [heaven](https://www.catholic.org/encyclopedia/view.php?id=5593) and gives [life](https://www.catholic.org/encyclopedia/view.php?id=7101) to the world. 34 'Sir,' they said, 'give us that bread always.' 35 Jesus answered them: I am the bread of life. No one who comes to me [will](https://www.catholic.org/encyclopedia/view.php?id=12332) ever hunger; no one who believes in me [will](https://www.catholic.org/encyclopedia/view.php?id=12332) ever thirst.