

Daily Reading for Sunday, August 8th, 2021

Reading 1, *First Kings 19:4-8*

⁴ He himself went on into the desert, a day's journey, and sitting under a furze bush wished he were dead. 'Yahweh,' he said, 'I have had enough. Take my life; I am no better than my ancestors.' ⁵ Then he lay down and went to sleep. Then all of a sudden an angel touched him and said, 'Get up and eat.' ⁶ He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. ⁷ But the angel of Yahweh came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' ⁸ So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, God's mountain.

Responsorial Psalm, *Psalms 34:2-3, 4-5, 6-7, 8-9*

² I will praise Yahweh from my heart; let the humble hear and rejoice. ³ Proclaim with me the greatness of Yahweh, let us acclaim his name together.

⁴ I seek Yahweh and he answers me, frees me from all my fears. ⁵ Fix your gaze on Yahweh and your face will grow bright, you will never hang your head in shame.

⁶ A pauper calls out and Yahweh hears, saves him from all his troubles. ⁷ The angel of Yahweh encamps around those who fear him, and rescues them.

⁸ Taste and see that Yahweh is good. How blessed are those who take refuge in him. ⁹ Fear Yahweh, you his holy ones; those who fear him lack for nothing.

Reading 2, *Ephesians 4:30-5:2*

³⁰ do not grieve the Holy Spirit of God who has marked you with his seal, ready for the day when we shall be set free. ³¹ Any bitterness or bad temper or anger or shouting or abuse must be far removed from you -- as must every kind of malice. ³² Be generous to one another, sympathetic, forgiving each other as readily as God forgave you in Christ. ¹ As God's dear children, then, take him as your pattern, ² and follow Christ by loving as he loved you, giving himself up for us as an offering and a sweet-smelling sacrifice to God.

Gospel, *John 6:41-51*

⁴¹ Meanwhile the Jews were complaining to each other about him, because he had said, 'I am the bread that has come down from heaven.' ⁴² They were saying, 'Surely this is Jesus son of Joseph, whose father and mother we know. How can he now say, "I have come

down from heaven?" ' ⁴³ Jesus said in reply to them, 'Stop complaining to each other. ⁴⁴ 'No one can come to me unless drawn by the Father who sent me, and I will raise that person up on the last day. ⁴⁵ It is written in the prophets: They will all be taught by God; everyone who has listened to the Father, and learnt from him, comes to me. ⁴⁶ Not that anybody has seen the Father, except him who has his being from God: he has seen the Father. ⁴⁷ In all truth I tell you, everyone who believes has eternal life. ⁴⁸ I am the bread of life. ⁴⁹ Your fathers ate manna in the desert and they are dead; ⁵⁰ but this is the bread which comes down from heaven, so that a person may eat it and not die. ⁵¹ I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'