READINGS AT MASS 18TH SUNDAY IN ORDINARY TIME
4TH AUGUST 2024

First Reading **Exodus 16:2-4,12-15**

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God."'

And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That,' said Moses to them, 'is the bread the Lord gives you to eat.'

The Word of the Lord

Thanks be to God

Responsorial Psalm **Psalm 77(78):3-4,23-25,54**

The Lord gave them bread from heaven.

The things we have heard and understood,
the things our fathers have told us,
we will tell to the next generation:
the glories of the Lord and his might.

The Lord gave them bread from heaven.

He commanded the clouds above
and opened the gates of heaven.
He rained down manna for their food,
and gave them bread from heaven.

The Lord gave them bread from heaven.

Mere men ate the bread of angels.
He sent them abundance of food;

So he brought them to his holy land,
to the mountain which his right hand had won.

The Lord gave them bread from heaven.

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

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The Word of the Lord

Thanks be to God

Gospel Acclamation

Alleluia, alleluia!
I am the Way, the Truth and the Life, says the Lord;
No one can come to the Father except through me.
Alleluia!

Gospel **John 6:24-35**

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?'
Jesus answered:

'I tell you most solemnly,
you are not looking for me because you have seen the signs
but because you had all the bread you wanted to eat.
Do not work for food that cannot last,
but work for food that endures to eternal life,
the kind of food the Son of Man is offering you,
for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in

you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: *He gave them bread from heaven to eat.*' Jesus answered:

'I tell you most solemnly,
it was not Moses who gave you bread from heaven,
it is my Father who gives you the bread from heaven,
the true bread;
for the bread of God
is that which comes down from heaven
and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered:
'I am the bread of life.
He who comes to me will never be hungry;
he who believes in me will never thirst.'

The Gospel of the Lord

Praise be to you Lord Jesus Christ