READINGS AT MASS 19TH SUNDAY IN ORDINARY TIME
11TH AUGUST 2024

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

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'O Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' 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. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' 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, the mountain of God.

The Word of the Lord

Thanks be to God

Responsorial Psalm **Psalm 33(34):2-9**

Taste and see that the Lord is good.

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

Taste and see that the Lord is good.

Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free.

Taste and see that the Lord is good.

Look towards him and be radiant;
let your faces not be abashed.
This poor man called, the Lord heard him
and rescued him from all his distress.

Taste and see that the Lord is good.

The angel of the Lord is encamped
around those who revere him, to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him.

Taste and see that the Lord is good.

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

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God as children of his that he loves and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The Word of the Lord

Thanks be to God

Gospel Acclamation

Alleluia, alleluia!
If anyone loves me he will keep my word,
and my Father will love him,
and we shall come to him.
Alleluia!

Gospel **John 6:41-51**

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me
unless he is drawn by the Father who sent me,
and I will raise him up at the last day.
It is written in the prophets:
They will all be taught by God,
and to hear the teaching of the Father,
and learn from it,
is to come to me.
Not that anybody has seen the Father,
except the one who comes from God:
he has seen the Father.
I tell you most solemnly,
everybody who believes has eternal life.

‘I am the bread of life.
Your fathers ate the manna in the desert
and they are dead;
but this is the bread that comes down from heaven,
so that a man may eat it and not die.
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.’

The Gospel of the Lord

Praise be to you Lord Jesus Christ