

## READINGS FOR THE THIRTEENTH SUNDAY AFTER PENTECOST

### FIRST READING: Proverbs 9:1-6

*Wisdom is portrayed as a woman who invites people to partake of her banquet. Just as ordinary food is necessary for physical life, Wisdom's food—insight and understanding—is necessary for fullness of life with God. Partaking of Wisdom's banquet is the way to life.*

- <sup>1</sup> Wisdom has built her house,  
she has hewn her seven pillars.
- <sup>2</sup> She has slaughtered her animals, she has mixed her wine,  
she has also set her table.
- <sup>3</sup> She has sent out her servant-girls, she calls  
from the highest places in the town,
- <sup>4</sup> “You that are simple, turn in here!”  
To those without sense she says,
- <sup>5</sup> “Come, eat of my bread  
and drink of the wine I have mixed.
- <sup>6</sup> Lay aside immaturity, and live,  
and walk in the way of insight.”

### PSALM: Psalm 34:9-14

*Those who seek the LORD lack nothing that is good. (Ps. 34:10)*

- <sup>9</sup> Fear the LORD, you saints of the LORD,  
for those who fear the LORD lack nothing.
- <sup>10</sup> **The lions are in want and suffer hunger,  
but those who seek the LORD lack nothing that is good.**
- <sup>11</sup> Come, children, and listen to me;  
I will teach you reverence for the LORD.
- <sup>12</sup> **Who among you takes pleasure in life  
and desires long life to enjoy prosperity?**
- <sup>13</sup> Keep your tongue from evil  
and your lips from lying words.
- <sup>14</sup> **Turn from evil and do good;  
seek peace and pursue it.**

### SECOND READING: Ephesians 5:15-20

*True wisdom integrates our new reality in Christ with our Christian fellowship and daily conduct. Because we are filled with the Spirit, Christians regularly rejoice together, give thanks to God for one another, and care for one another. In this way we revere our Lord Jesus Christ.*

- <sup>15</sup> Be careful then how you live, not as unwise people but as wise, <sup>16</sup> making the most of the time, because the days are evil. <sup>17</sup> So do not be foolish, but understand what the will of the Lord is.
- <sup>18</sup> Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, <sup>19</sup> as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord

in your hearts, <sup>20</sup> giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

## **GOSPEL: John 6:51-58**

*In John's gospel, the feeding of the five thousand leads to extended teaching in which Jesus identifies himself as the true "bread of life." Finally, in these verses, he makes a connection that would not be understood until after his death, in light of the church's celebration of holy communion.*

[Jesus said,] <sup>51</sup> "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

<sup>52</sup> The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" <sup>53</sup> So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup> Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; <sup>55</sup> for my flesh is true food and my blood is true drink. <sup>56</sup> Those who eat my flesh and drink my blood abide in me, and I in them. <sup>57</sup> Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. <sup>58</sup> This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

