

Eighteenth Sunday in Ordinary Time B

1 August 2021

THE LITURGY OF THE WORD

First Reading

Exodus 16:2-4, 12-15

A reading from the book of Exodus

The whole congregation of the Israelites
complained against Moses and Aaron in the wilderness.

The Israelites said to them,

"if only we had died by the hand of the Lord in the land of Egypt,
when we sat by the fleshpots and ate our fill of bread;
for you have brought us out into this wilderness
to kill this whole assembly with hunger."

Then the Lord said to Moses,

"I am going to rain bread from heaven for you,
and each day the people shall go out and gather enough for that day.
In that way I will test them,
whether they will follow my instruction or not.

"I have heard the complaining of the Israelites;
say to them,

'At twilight you shall eat meat,
and in the morning you shall have your fill of bread;
then you shall know that I am the Lord your God.'"

In the evening quails came up and covered the camp;
and in the morning there was a layer of dew around the camp.

When the layer of dew lifted,
there on the surface of the wilderness was a fine flaky substance,
as fine as frost on the ground.

When the Israelites saw it, they said to one another;

"What is it?"

For they did not know what it was.

Moses said to them,

"It is the bread that the Lord has given you to eat."

The word of the Lord.

Thanks be to God.

Responsorial Psalm Ps 77:3-4, 23-25, 54

R. The Lord gave them bread from heaven.

Things that we have heard and known,
that our ancestors have told us,
we will tell to the coming generation:
the glorious deeds of the Lord, and his might. **R.**

He commanded the skies above,
and opened the doors of heaven;
he rained down on them manna to eat,
and gave them the bread of heaven. **R.**

Mortals ate of the bread of angels;
he sent them food in abundance.
And he brought them to his holy hill,
to the mountain that his right hand had won. **R.**

Second Reading

Ephesians 4:17, 20-24

A reading from the letter of Paul to the Ephesians

Now this I affirm and insist on in the Lord:
you must no longer live as the Gentiles live,
in the futility of their minds.

That is not the way you learned Christ!
For surely you have heard about him and were taught in him,
as truth is in Jesus.

You were taught to put away your former way of life,
your old self, corrupt and deluded by its lusts,
and to be renewed in the spirit of your minds,
and to clothe yourselves with the new self,
created according to the likeness of God
in true righteousness and holiness.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Matthew 4:4

Alleluia, alleluia!

No one lives on bread alone,
but on every word that comes from the mouth of God.
Alleluia!

Gospel

John 6:24-35

A reading from the holy gospel according to John
When the crowd saw that neither Jesus nor his disciples
were at the place where Jesus had given the bread,
they themselves got into the boats
and went to Capernaum looking for Jesus.

When they found him on the other side of the sea,
they said to him,

"Rabbi, when did you come here?"

Jesus answered them,

"Very truly, I tell you, you are looking for me,
not because you saw signs,
but because you ate your fill of the loaves.

Do not work for the food that perishes,
but for the food that endures for eternal life,
which the Son of Man will give you.

For it is on him that God the Father has set his seal."

Then they said to Jesus,

"What must we do to perform the works of God?"

Jesus answered them,

"This is the work of God,
that you believe in him whom he has sent."

So they said to him,

"What sign are you going to give us then,
so that we may see it and believe you?

What work are you performing?

Our ancestors ate the manna in the wilderness;
as it is written,

'He gave them bread from heaven to eat.'

Then Jesus said to them,

"Very truly, I tell you,

it was not Moses who gave you the bread from heaven,

but it is my Father who gives you the true bread from heaven.

For the bread of God

is that which comes down

from heaven and gives life to the world."

They said to him,

"Sir, give us this bread always."

Jesus said to them,

"I am the bread of life.

Whoever comes to me will never be hungry,

and whoever believes in me will never be thirsty."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.