

## 19th SUNDAY IN ORDINARY TIME (B)

### 1st. READING (1K 19,4-8)

Elijah himself disappeared into the desert going on a day's journey. Then he sat down under a broom tree and prayed to die; "That is enough, Yahweh, take away my life for I am dying." He lay down and went to sleep under the broom tree. Then an angel touched him and said, "Get up and eat." Elijah looked and saw, at his head, a cake baked on hot stones and a jar of water. He ate and drank and went back to sleep. The angel of Yahweh came a second time to him, saying, "Get up and eat, for the journey is too long for you." He got up, ate and drank, and on the strength of that food, he travelled for forty days and forty nights to Horeb, the mount of God.

### RESPONSORIAL PSALM (Ps 34)

I will bless the Lord all my days;  
his praise will be ever on my lips.  
My soul makes its boast in the Lord;  
let the lowly hear and rejoice.

Oh, let us magnify the Lord,  
together let us glorify his name!  
I sought the Lord,  
and he answered me;  
from all my fears he delivered me.

They who look to him are radiant with joy, their faces never clouded with shame.  
When the poor cry out,  
the Lord hears and saves them from distress.  
The Lord's angel encamps and patrols  
to keep safe those who fear him.

Oh, see and taste the goodness of the Lord!  
Blessed is the one who finds shelter in him!

**2nd. READING (Eph 4,30-5,2)**

Do not sadden the Holy Spirit of God, which you were marked with. It will be your distinctive mark on the day of salvation. Follow the way of love, the example of Christ who loved you. He gave himself up for us and became the offering and sacrificial victim whose fragrance rises to God.

**GOSPEL (Jn 6,41-52)**

The Jews murmured because Jesus had said, "I am the bread which comes from heaven." And they said, "This man is the son of Joseph, isn't he? We know his father and mother. How can he say that he has come from heaven?" Jesus answered them, "Do not murmur among yourselves. No one can come to me unless he is drawn by the Father who sent me; and I will raise him up on the last day. It has been written in the Prophets: They shall all be taught by God. So whoever listens and learns from the Father comes to me. For no one has seen the Father except the One who comes from God; he has seen the Father. Truly, I say to you, whoever believes has eternal life. I am the bread of life. Though your ancestors ate the manna in the desert, they died. But here you have the bread, which comes from heaven so that you may eat of it and not die. I am the living bread, which has come from heaven; whoever eats of this bread will live forever. The bread I shall give is my flesh and I will give it for the life of the world."

The Jews were arguing among themselves, "How can this man give us flesh to eat?"