

FIRST READING

Proverbs 9:1–6

A reading from the book of Proverbs

Wisdom has built her house with its seven columns.
She has prepared the meat and set out the wine.
Her feast is ready.

She has sent her servant women
to announce her invitation from the highest hills.

“Everyone who is ignorant or foolish is invited!
All of you are welcome to my meat and wine.
If you want to live, give up your foolishness
and let understanding guide your steps.”

The word of the Lord.

RESPONSORIAL PSALM

Psalm 34:1–2, 9–10

All: *Taste and see
the goodness of the Lord.*

*I will always praise the LORD.
With all my heart,
I will praise the LORD.
Let all who are helpless
listen and be glad.*

All: *Taste and see
the goodness of the Lord.*

*Honor the LORD!
You are his special people.
No one who honors the LORD
will ever be in need.
Young lions may go hungry
or even starve,
but if you trust the LORD,
you will never miss out
on anything good.*

All: *Taste and see
the goodness of the Lord.*

SECOND READING
Ephesians 5:15–20

A reading from the letter of Paul to the Ephesians

Brothers and sisters:
Act like people with good sense and not like fools.
These are evil times,
so make every minute count.

Don't be stupid.
Instead, find out what the Lord wants you to do.
Don't destroy yourself by getting drunk,
but let the Spirit fill your life.

When you meet together,
sing psalms, hymns, and spiritual songs,
as you praise the Lord with all your heart.
Always use the name of the Lord Jesus Christ
to thank God the Father for everything.

The word of the Lord.

GOSPEL
John 6:51–58

A reading from the holy Gospel according to John

Jesus said to the crowd:
“I am the bread from heaven!
Everyone who eats it will live forever.
My flesh is the life-giving bread
that I give to the people of this world.”

They started arguing with each other and asked,
“How can he give us his flesh to eat?”

Jesus answered:
“I tell you for certain that you won’t live
unless you eat the flesh and drink the blood
of the Son of Man.
But if you do eat my flesh and drink my blood,
you will have eternal life,
and I will raise you to life on the last day.

“My flesh is the true food,
and my blood is the true drink.
If you eat my flesh and drink my blood,
you are one with me, and I am one with you.

“The living Father sent me,
and I have life because of him.
Now everyone who eats my flesh will live because of me.

“The bread that comes down from heaven
is not like what your ancestors ate.
They died,
but whoever eats this bread will live forever.”

The Gospel of the Lord.