

Scriptures August 11, 2024

Second Reading

Ephesians 4:25-5:2 NRSV

Rules for the New Life

²⁵ So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. ²⁶ Be angry but do not sin; do not let the sun go down on your anger, ²⁷ and do not make room for the devil. ²⁸ Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. ²⁹ Let no evil talk come out of your mouths, but only what is useful for building up,^[a] as there is need, so that your words may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹ Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³² and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.^[b] **5** ¹ Therefore be imitators of God, as beloved children, ² and live in love, as Christ loved us^[c] and gave himself up for us, a fragrant offering and sacrifice to God.

Third Reading

John 6:35 NRSV

³⁵ 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.'

John 6:41-51 NRSV

⁴¹ Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' ⁴² They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' ⁴³ Jesus answered them, 'Do not complain among yourselves. ⁴⁴ No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵ It is written in the

prophets, “And they shall all be taught by God.” Everyone who has heard and learned from the Father comes to me. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.’