

Readings 8th August

1 Kings 19:4-8

Elijah went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. 'I have had enough, LORD,' he said. 'Take my life; I am no better than my ancestors.' Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, 'Get up and eat.' He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

The angel of the LORD came back a second time and touched him and said, 'Get up and eat, for the journey is too much for you.' So he got up and ate and drank. Strengthened by that food, he travelled for forty days and forty nights until he reached Horeb, the mountain of God.

Ephesians 4:25-5:2

Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body. 'In your anger do not sin': do not let the sun go down while you are still angry, and do not give the devil a foothold. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God's example, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

John 6:35, 41-51

Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.'

At this the Jews there began to grumble about him because he said, 'I am the bread that came down from heaven.' They said, 'Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I came down from heaven"?''

'Stop grumbling among yourselves,' Jesus answered. 'No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. It is written in the Prophets: "They will all be taught by God." Everyone who has heard the Father and learned from him comes to me. No one has seen the Father except the one who is from God; only he has seen the Father. Very truly I tell you, the one who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live for ever. This bread is my flesh, which I will give for the life of the world.'