

EIGHTEENTH SUNDAY IN ORDINARY TIME



FIRST READING: *Exodus 16:12-15*

This is a reading from the book of Exodus.

[When the people of Israel were in the desert, they complained to Moses and Aaron because they did not have enough food to eat.]

Then God said to Moses,

“I have heard the people complaining.
I am going to send down bread from heaven for you.
The people must gather the bread every day.
But they must gather only enough for each day.
I want to see if they trust me and will follow my ways.
Say to the people,

‘In the evening you will eat meat,
and in the morning you will have bread.
Then you will know that I am your God!’ ”

That evening, many quails flew into the camp.
And in the morning, the ground was covered
with something like white flakes.
When the people saw it, they asked,

“What is it?”

Moses said,

“This is the bread that God has given you to eat.”

This is the Word of God.



RESPONSE: *Psalm 104*

I will praise you as long as I live.
As long as I live, I will praise you, God.

Verses:

1. I praise you, God, for all you do,
for all my life, for all you do.
2. You give us bread to make us strong.
You give us drink to make us glad.

GOSPEL ACCLAMATION:

"I am the bread of Life," says the Lord.
"All who eat this Bread will live forever."
Alleluia, Alleluia!
"All who eat this Bread will live forever."

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GOSPEL: *John 6:24-35*

This is a reading from the Gospel of John.

*(The next day, the crowd of people
who had eaten the bread went looking for Jesus.)*

And [when they found him, Jesus said to them,

“You are not looking for me
because you saw my power in miracles.
No, you are looking for me
because you ate all the bread you wanted.
Don’t spend your life working only for regular food.
That doesn’t last.
Work to get the kind of food that will make you live forever.”

Then the people asked Jesus,

“Rabbi, what does God want us to do?
What is the work of God?”

Jesus answered,

“The work God wants you to do is this:
believe in the One sent by God.”



Then] the people asked Jesus,

“What miracle can you do
to prove that you are the One sent by God?
Our ancestors ate manna
when they were in the desert.
God gave them that bread from heaven to eat.”

Jesus said,

“God is the one who gives the true bread from heaven.
God’s bread comes down from heaven
and gives life to the people of the world.”

The people said,

“Give us this bread always.”

Jesus told them,

“I am the bread of life.
Anyone who comes to me will never be hungry.
Anyone who believes in me will never be thirsty.”

This is the Good News of the Lord.

[] Reader may omit text that appears in brackets.