

# 13<sup>th</sup> Sunday after Pentecost

---

Proper 15

Year B

## The Collect of the Day

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*

## From the Book of Proverbs 9:1-6

Wisdom has built her house, she has set up her seven pillars. <sup>2</sup> She has slaughtered her beasts, she has mixed her wine, she has also set her table. <sup>3</sup> She has sent out her maids to call from the highest places in the town, <sup>4</sup> "Whoever is simple, let him turn in here!" To him who is without sense she says, <sup>5</sup> "Come, eat of my bread and drink of the wine I have mixed. <sup>6</sup> Leave simpleness, and live, and walk in the way of insight."

## Psalm 34:9-14

*Benedicam Dominum*

- 9 Fear the Lord, you that are his saints, \* for those who fear him lack nothing.
- 10 The young lions lack and suffer hunger, \* but those who seek the Lord lack nothing that is good.
- 11 Come, children, and listen to me; \* I will teach you the fear of the Lord.
- 12 Who among you loves life \* and desires long life to enjoy prosperity?
- 13 Keep your tongue from evil-speaking \* and your lips from lying words.
- 14 Turn from evil and do good; \* seek peace and pursue it.

## **A Reading from Ephesians 5:15-20**

Look carefully then how you walk, not as unwise men but as wise,<sup>16</sup> making the most of the time, because the days are evil.<sup>17</sup>

Therefore do not be foolish but understand what the will of the Lord is.<sup>18</sup> And do not get drunk with wine, for that is debauchery; but be filled with the Spirit,<sup>19</sup> addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart,<sup>20</sup> always and for everything giving thanks in the name of our Lord Jesus Christ to God the Father.

## **The Holy Gospel of our Lord Jesus Christ according to St. John 6:53-59**

So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you;<sup>54</sup> he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.<sup>55</sup> For my flesh is food indeed, and my blood is drink indeed.<sup>56</sup> He who eats my flesh and drinks my blood abides in me, and I in him.<sup>57</sup> As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.<sup>58</sup> This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever."<sup>59</sup> This he said in the synagogue, as he taught at Capernaum.