

13th 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. ² She has slaughtered her beasts, she has mixed her wine, she has also set her table. ³ She has sent out her maids to call from the highest places in the town, ⁴ "Whoever is simple, let him turn in here!" To him who is without sense she says, ⁵ "Come, eat of my bread and drink of the wine I have mixed. ⁶ 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,¹⁶ making the most of the time, because the days are evil.¹⁷

Therefore do not be foolish but understand what the will of the Lord is.¹⁸ And do not get drunk with wine, for that is debauchery; but be filled with the Spirit,¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart,²⁰ 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;⁵⁴ he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.⁵⁵ For my flesh is food indeed, and my blood is drink indeed.⁵⁶ He who eats my flesh and drinks my blood abides in me, and I in him.⁵⁷ As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.⁵⁸ 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."⁵⁹ This he said in the synagogue, as he taught at Capernaum.