

10th Sunday after Pentecost

Proper 13, Year B

The Collect of the Day

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen*

A Reading from the Book of Exodus 16:2-4,9-15

The whole congregation of the people of Israel murmured against Moses and Aaron in the wilderness, ³ and said to them, "Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger." ⁴ Then the LORD said to Moses, "Behold, I will rain bread from heaven for you; and the people shall go out and gather a day's portion every day, that I may prove them, whether they will walk in my law or not..." ⁹ And Moses said to Aaron, "Say to the whole congregation of the people of Israel, 'Come near before the LORD, for he has heard your murmurings.'" ¹⁰ And as Aaron spoke to the whole congregation of the people of Israel, they looked toward the wilderness, and behold, the glory of the LORD appeared in the cloud. ¹¹ And the LORD said to Moses, ¹² "I have heard the murmurings of the people of Israel; say to them, 'At twilight you shall eat flesh, and in the morning you shall be filled with bread; then you shall know that I am the LORD your God.'" ¹³ In the evening quails came up and covered the camp; and in the morning dew lay round about the camp. ¹⁴ And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as hoarfrost on the ground. ¹⁵ When the people of Israel saw it, they said to one another, "What is it?" For they did not

know what it was. And Moses said to them, "It is the bread which the LORD has given you to eat.

Psalm 78:14-25

Attendite, popule

- 14 He led them with a cloud by day, *
and all the night through with a glow of fire.
- 15 He split the hard rocks in the wilderness *
and gave them drink as from the great deep.
- 16 He brought streams out of the cliff, *
and the waters gushed out like rivers.
- 17 But they went on sinning against him, *
rebellling in the desert against the Most High.
- 18 They tested God in their hearts, *
demanding food for their craving.
- 19 They railed against God and said, *
"Can God set a table in the wilderness?"
- 20 True, he struck the rock, the waters gushed out, and the
gullies overflowed; *
but is he able to give bread
or to provide meat for his people?"
- 21 When the Lord heard this, he was full of wrath; *
a fire was kindled against Jacob,
and his anger mounted against Israel;
- 22 For they had no faith in God, *
nor did they put their trust in his saving power.
- 23 So he commanded the clouds above *
and opened the doors of heaven.
- 24 He rained down manna upon them to eat *
and gave them grain from heaven.
- 25 So mortals ate the bread of angels; *
he provided for them food enough.

A Reading from Ephesians 4:17-25

Now this I affirm and testify in the Lord, that you must no longer live as the Gentiles do, in the futility of their minds; ¹⁸ they are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart; ¹⁹ they have become callous and have given themselves up to licentiousness, greedy to practice every kind of uncleanness. ²⁰ You did not so learn Christ! -- ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus. ²² Put off your old nature which belongs to your former manner of life and is corrupt through deceitful lusts, ²³ and be renewed in the spirit of your minds, ²⁴ and put on the new nature, created after the likeness of God in true righteousness and holiness. ²⁵ Therefore, putting away falsehood, let everyone speak the truth with his neighbor, for we are members one of another.

The Holy Gospel of our Lord Jesus Christ according to St. John 6:24-35

So when the people saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus. ²⁵ When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" ²⁶ Jesus answered them, "Truly, truly, I say to you, you seek me, not because you saw signs, but because you ate your fill of the loaves. ²⁷ Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal." ²⁸ Then they said to him, "What must we do, to be doing the works of God?" ²⁹ Jesus answered them, "This is the work of God, that you believe in him whom he has sent." ³⁰ So they said to him, "Then what sign do you do, that we may see, and believe you? What work do you perform?" ³¹ Our fathers ate the manna in the wilderness; as it is written, `He gave them bread from heaven to eat.'" ³² Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven; my Father gives you the true bread from heaven. ³³ For the bread of God is that

which comes down from heaven, and gives life to the world." ³⁴
They said to him, "Lord, give us this bread always." ³⁵ Jesus said
to them, "I am the bread of life; he who comes to me shall not
hunger, and he who believes in me shall never thirst.