

## COLLECT

Almighty and everlasting God,  
you are always more ready to  
hear than we to pray  
and to give more than either  
we desire or deserve:  
pour down upon us the  
abundance of your mercy,  
forgiving us those things of which our  
conscience is afraid  
and giving us those good things  
which we are not worthy to ask  
but through the merits and mediation  
of Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## FIRST READING

**Joshua 24:1-2a. 14-18**

*A reading from the book of Joshua.*

Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, "Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD." Then the people answered, "Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God."

**PSALM Psalm 34:15-22**

**R** *I sought the Lord, and he answered me  
[and delivered me out of all my terror].*

The eyes of the Lord are upon the righteous,

and his ears are open to their cry.  
The face of the Lord is against those who do evil,  
to root out the remembrance of them from the earth. **R**

The righteous cry and the Lord hears them  
and delivers them from all their troubles.  
The Lord is near to the brokenhearted  
and will save those whose spirits are crushed. **R**

Many are the troubles of the righteous,  
but the Lord will deliver him out of them all.  
He will keep safe all his bones;  
not one of them shall be broken. **R**

Evil shall slay the wicked,  
and those who hate the righteous will be punished.  
The Lord ransoms the life of his servants,  
and none will be punished who trust in him. **R**

**SECOND READING Ephesians 6:10-20**

*A reading from the letter of Paul to the Ephesians.*

Be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the

mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

**GOSPEL John 6:56-69**

*Hear the gospel of our Lord Jesus Christ according to John.*

Jesus said to the crowd: "Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever." He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

**POST COMMUNION**

God of all mercy,  
in this eucharist you have set aside our sins  
and given us your healing;  
grant that we who are made whole in Christ  
may bring that healing to this broken world,  
in the name of Jesus Christ our Lord.