

## **19<sup>th</sup> Sunday in Ordinary Time**

1 Kings 19:4-8. *The prophet Elijah who prayed for death is fed by an angel and so could walk forty days and forty nights to the mountain of the Lord.*

Psalm 34: **Taste and see the goodness of the Lord.**

Ephesians 4:30-5:2. *Do nothing to sadden the Holy Spirit, get rid of all bitterness, be kind to one another. Be imitators of God.*

John 6:41-51. *Jesus said, "I am the living bread come down from heaven; the bread that I will give is my flesh for the life of the world."*