

First Scripture Reading  
**Ephsians 5:15 – 20**  
from the Common English Bible

<sup>15</sup>So be careful to live your life wisely, not foolishly. <sup>16</sup>Take advantage of every opportunity because these are evil times. <sup>17</sup>Because of this, don't be ignorant, but understand the Lord's will. <sup>18</sup>Don't get drunk on wine, which produces depravity. Instead, be filled with the Spirit in the following ways: <sup>19</sup>speak to each other with psalms, hymns, and spiritual songs; sing and make music to the Lord in your hearts; <sup>20</sup>always give thanks to God the Father for everything in the name of our Lord Jesus Christ....

This is the word of God for the people of God.

**Thanks be to God.**

Psalm Reading  
**111**  
from the UMH, 832

<sup>1</sup>Praise the Lord.

**I will give thanks to the Lord  
with my whole heart, in the company  
of the upright, in the congregation.**

<sup>2</sup>Great are the works of the Lord, studied by all who have pleasure in them.

**<sup>3</sup>Full of honor and majesty are the works of the  
Lord whose righteousness endures for ever...**

<sup>4</sup>who has caused his wonderful works to be remembered; the Lord is gracious and merciful.

**<sup>5</sup>The Lord provides food for the faithful and is ever  
mindful of his covenant.**

<sup>6</sup>The Lord has shown his people the power of his works by giving them the heritage of the nations.

**<sup>7</sup>The works of the Lord's hands are faithful and  
just; the precepts of the Lord are trustworthy;**

**<sup>8</sup>they are established for ever and ever, to be  
performed with faithfulness and uprightness.**

<sup>9</sup>The Lord sent redemption to his people and has commanded his covenant for ever. Holy and wondrous is God's name!

**<sup>10</sup>The fear of the Lord is the beginning of wisdom;  
all those who practice it have a good  
understanding. The praise of the Lord endures for  
ever.**

Second Scripture Reading

**John 6:51-58**

from the Common English Bible

<sup>51</sup>I am the living bread that came down from heaven. Whoever eats this bread will live forever, and the bread that I will give for the life of the world is my flesh.” <sup>52</sup>Then the Jews debated among themselves, asking, “How can this man give us his flesh to eat?” <sup>53</sup>Jesus said to them, “I assure you, unless you eat the flesh of the Human One and drink his blood, you have no life in you. <sup>54</sup>Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. <sup>55</sup>My flesh is true food and my blood is true drink. <sup>56</sup>Whoever eats my flesh and drinks my blood remains in me and I in them. <sup>57</sup>As the living Father sent me, and I live because of the Father, so whoever eats me lives because of me. <sup>58</sup>This is the bread that came down from heaven. It isn’t like the bread your ancestors ate, and then they died. Whoever eats this bread will live forever.”