

First Scripture Reading
Ephesians 6:10 – 20
from the Common English Bible

¹⁰Finally, be strengthened by the Lord and his powerful strength. ¹¹Put on God's armor so that you can make a stand against the tricks of the devil. ¹²We aren't fighting against human enemies but against rulers, authorities, forces of cosmic darkness, and spiritual powers of evil in the heavens. ¹³Therefore, pick up the full armor of God so that you can stand your ground on the evil day and after you have done everything possible to still stand. ¹⁴So stand with the belt of truth around your waist, justice as your breastplate, ¹⁵and put shoes on your feet so that you are ready to spread the good news of peace. ¹⁶Above all, carry the shield of faith so that you can extinguish the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is God's word. ¹⁸Offer prayers and petitions in the Spirit all the time. Stay alert by hanging in there and praying for all believers. ¹⁹As for me, pray that when I open my mouth, I'll get a message that confidently makes this secret plan of the gospel known. ²⁰I'm an ambassador in chains for the sake of the gospel. Pray so that the Lord will give me the confidence to say what I have to say.

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

Thanks be to God.

Psalm Reading
84
from the UMH, 805

- ¹How lovely is your dwelling place, O Lord of hosts!
²My soul longs, indeed it faints for the courts of the Lord; my heart and flesh sing for joy to the living God.
- ³O Lord of hosts, my Ruler and my God, at your altars even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young.
⁴Blessed are those who dwell in your house, ever singing your praise!
- ⁵Blessed are those whose strength is in you, in whose heart are the highways to Zion.
⁶As they go through the valley of tears, they make it a place of springs; the early rain also covers it with pools.
- ⁷They go from strength to strength; the God of gods will be seen in Zion.
⁸O Lord God of hosts, hear my prayer; give ear, O God of Jacob! ⁹Behold our shield, O God; look upon the face of your anointed!
- ¹⁰For a day in your courts is better than a thousand elsewhere.
I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness.
- ¹¹For the Lord God is a sun and shield, and bestows favor and honor.
No good thing does the Lord withhold from those who walk uprightly. ¹²O Lord of hosts, blessed are those who trust in you!

Second Scripture Reading

John 6:56 - 69

from the Common English Bible

⁵⁶Whoever eats my flesh and drinks my blood remains in me and I in them. ⁵⁷As the living Father sent me, and I live because of the Father, so whoever eats me lives because of me. ⁵⁸This 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." ⁵⁹Jesus said these things while he was teaching in the synagogue in Capernaum. ⁶⁰Many of his disciples who heard this said, "This message is harsh. Who can hear it?" ⁶¹Jesus knew that the disciples were grumbling about this and he said to them, "Does this offend you? ⁶²What if you were to see the Human One going up where he was before? ⁶³The Spirit is the one who gives life and the flesh doesn't help at all. The words I have spoken to you are spirit and life. ⁶⁴Yet some of you don't believe." Jesus knew from the beginning who wouldn't believe and the one who would betray him. ⁶⁵He said, "For this reason I said to you that none can come to me unless the Father enables them to do so." ⁶⁶At this, many of his disciples turned away and no longer accompanied him. ⁶⁷Jesus asked the Twelve, "Do you also want to leave?" ⁶⁸Simon Peter answered, "Lord, where would we go? You have the words of eternal life. ⁶⁹We believe and know that you are God's holy one."