

First Scripture Reading
Ephsians 4:25 – 5:2
from the Common English Bible

²⁵Therefore, after you have gotten rid of lying, *Each of you must tell the truth to your neighbor* because we are parts of each other in the same body. ²⁶*Be angry without sinning.* Don't let the sun set on your anger. ²⁷Don't provide an opportunity for the devil. ²⁸Thieves should no longer steal. Instead, they should go to work, using their hands to do good so that they will have something to share with whoever is in need. ²⁹Don't let any foul words come out of your mouth. Only say what is helpful when it is needed for building up the community so that it benefits those who hear what you say. ³⁰Don't make the Holy Spirit of God unhappy - you were sealed by him for the day of redemption. ³¹Put aside all bitterness, losing your temper, anger, shouting, and slander, along with every other evil. ³²Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ. ¹Therefore, imitate God like dearly loved children. ²Live your life with love, following the example of Christ, who loved us and gave himself for us. He was a sacrificial offering that smelled sweet to God.

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

Thanks be to God.

Psalm Reading
130
from the UMH, 848

¹Out of the depths I cry to you, O Lord! ²Lord, hear my voice!

Let your ears be attentive to the voice of my supplications!

³If you, O Lord, should mark iniquities, Lord, who could stand?

⁴But there is forgiveness with you, that you may be worshipped.

⁵I wait for the Lord, my soul waits, in the Lord's word I hope...

⁶my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.

⁷O Israel, hope in the Lord! For with the Lord there is steadfast love, with the Lord is plenteous redemption.

⁸And the Lord will redeem Israel from all iniquities.

Second Scripture Reading

John 6:35, 41-51

from the Common English Bible

³⁵Jesus replied, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. ⁴¹The Jewish opposition grumbled about him because he said, “I am the bread that came down from heaven.” ⁴²They asked, “Isn’t this Jesus, Joseph’s son, whose mother and father we know? How can he now say, ‘I have come down from heaven’?” ⁴³Jesus responded, “Don’t grumble among yourselves. ⁴⁴No one can come to me unless they are drawn to me by the Father who sent me, and I will raise them up at the last day. ⁴⁵It is written in the Prophets, And they *will all be taught by God*. Everyone who has listened to the Father and learned from him comes to me. ⁴⁶No one has seen the Father except the one who is from God. He has seen the Father. ⁴⁷I assure you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate manna in the wilderness and they died. ⁵⁰This is the bread that comes down from heaven so that whoever eats from it will never die.

⁵¹I 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.”