

SERIES B TEXTS

Lectionary 19

Kings 19:4-8

⁴But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors."⁵ Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat."⁶ He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again.⁷ The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you."⁸ He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

Psalm 34:1-8

¹ I will bless the LORD at all times; his praise shall continually be in my mouth. ² My soul makes its boast in the LORD; let the humble hear and be glad. ³ O magnify the LORD with me, and let us exalt his name together. ⁴ I sought the LORD, and he answered me, and delivered me from all my fears. ⁵ Look to him, and be radiant; so **your** faces shall never be ashamed. ⁶ This poor soul cried, and was heard by the LORD, and was saved from every trouble. ⁷ The angel of the LORD encamps around those who fear him, and delivers them. ⁸ O taste and see that the LORD is good; happy are those who take refuge in him.

Ephesians 4:25--5:2

²⁵ So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. ²⁶ Be angry but do not sin; do not let the sun go down on **your** anger, ²⁷ and do not make room for the devil. ²⁸ Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. ²⁹ Let no evil talk come out of **your** mouths, but only what is useful for building up, as there is need, so that **your** words may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, with which **you** were marked with a seal for the day of redemption. ³¹ Put away from **you** all bitterness and wrath and anger and wrangling and slander, together with all malice, ³² and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven **you**. ^{5:1} Therefore be imitators of God, as beloved children, ² and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

John 6:35, 41-51

³⁵ Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." ⁴¹ Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." ⁴² They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" ⁴³ Jesus answered them, "Do not complain among yourselves. ⁴⁴ No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵ It is written in the prophets, 'And they shall all be taught by God.' Everyone who

SERIES B TEXTS

has heard and learned from the Father comes to me. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”