

Proper 15, Year B

Track 2

The Collect:

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Old Testament: Proverbs 9:1-6

- ¹ Wisdom has built her house, she has hewn her seven pillars.
- ² She has slaughtered her animals, she has mixed her wine, she has also set her table.
- ³ She has sent out her servant-girls, she calls from the highest places in the town,
- ⁴ "You that are simple, turn in here!"

To those without sense she says,

- ⁵ "Come, eat of my bread and drink of the wine I have mixed.
- ⁶ Lay aside immaturity, and live, and walk in the way of insight."

Psalm: Psalm 34:9-14

⁹ Fear the Lord, you that are his saints, * for those who fear him lack nothing.

¹⁰ The young lions lack and suffer hunger, *
but those who seek the Lord lack nothing that is good.

- ¹¹ Come, children, and listen to me; *
 I will teach you the fear of the Lord.
- Who among you loves life * and desires long life to enjoy prosperity?
- ¹³ Keep your tongue from evil-speaking * and your lips from lying words.
- ¹⁴ Turn from evil and do good; * seek peace and pursue it.

Epistle: Ephesians 5:15-20

¹⁵ Be careful then how you live, not as unwise people but as wise, ¹⁶making the most of the time, because the days are evil. ¹⁷So do not be foolish, but understand what the will of the Lord is. ¹⁸Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Gospel: John 6:51-58

⁵¹ I 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." ⁵²The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" ⁵³So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵for my flesh is true food and my blood is true drink. ⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

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