**Psalm 34:12-22**

**12**Whoever of you loves life  
    and desires to see many good days,  
**13**keep your tongue from evil  
    and your lips from telling lies.  
**14**Turn from evil and do good;  
    seek peace and pursue it.

**15**The eyes of the Lord are on the righteous,  
    and his ears are attentive to their cry;  
**16**but the face of the Lord is against those who do evil,  
    to blot out their name from the earth.

**17**The righteous cry out, and the Lord hears them;  
    he delivers them from all their troubles.  
**18**The Lord is close to the brokenhearted  
    and saves those who are crushed in spirit.

**19**The righteous person may have many troubles,  
    but the Lord delivers him from them all;  
**20**he protects all his bones,  
    not one of them will be broken.

**21**Evil will slay the wicked;  
    the foes of the righteous will be condemned.  
**22**The Lord will rescue his servants;  
    no one who takes refuge in him will be condemned.

**Old Testament Reading - Proverbs 9:1-10**

**Invitations of Wisdom and Folly**

**9**Wisdom has built her house;  
    she has set up[[a](https://www.biblegateway.com/passage/?search=proverbs+9&version=NIV#fen-NIV-16640a)] its seven pillars.  
**2**She has prepared her meat and mixed her wine;  
    she has also set her table.  
**3**She has sent out her servants, and she calls  
    from the highest point of the city,  
**4**    “Let all who are simple come to my house!”  
To those who have no sense she says,  
**5**    “Come, eat my food  
    and drink the wine I have mixed.  
**6**Leave your simple ways and you will live;  
    walk in the way of insight.”

**7**Whoever corrects a mocker invites insults;  
    whoever rebukes the wicked incurs abuse.  
**8**Do not rebuke mockers or they will hate you;  
    rebuke the wise and they will love you.  
**9**Instruct the wise and they will be wiser still;  
    teach the righteous and they will add to their learning.

**10**The fear of the Lord is the beginning of wisdom,  
    and knowledge of the Holy One is understanding.

**Old Testament Reading – Joshua 24:1-2a & 14-18**

**24**Then Joshua assembled all the tribes of Israel at Shechem. He summoned the elders, leaders, judges and officials of Israel, and they presented themselves before God.

**2**Joshua said to all the people, “This is what the Lord, the God of Israel, says: ‘Long ago your ancestors, including Terah the father of Abraham and Nahor, lived beyond the Euphrates River and worshiped other gods.

**14**“Now fear the Lord and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the Lord. **15**But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.”

**16**Then the people answered, “Far be it from us to forsake the Lord to serve other gods! **17**It was the Lord our God himself who brought us and our parents up out of Egypt, from that land of slavery, and performed those great signs before our eyes. He protected us on our entire journey and among all the nations through which we traveled. **18**And the Lord drove out before us all the nations, including the Amorites, who lived in the land. We too will serve the Lord, because he is our God.”

**Epistle Reading – Ephesians 5:6-21**

**6**Let no one deceive you with empty words, for because of such things God’s wrath comes on those who are disobedient. **7**Therefore do not be partners with them.

**8**For you were once darkness, but now you are light in the Lord. Live as children of light **9**(for the fruit of the light consists in all goodness, righteousness and truth) **10**and find out what pleases the Lord. **11**Have nothing to do with the fruitless deeds of darkness, but rather expose them. **12**It is shameful even to mention what the disobedient do in secret. **13**But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. **14**This is why it is said:

“Wake up, sleeper,  
    rise from the dead,  
    and Christ will shine on you.”

**15**Be very careful, then, how you live—not as unwise but as wise, **16**making the most of every opportunity, because the days are evil. **17**Therefore do not be foolish, but understand what the Lord’s will is. **18**Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, **19**speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, **20**always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

**Instructions for Christian Households**

**21**Submit to one another out of reverence for Christ.

**Gospel Reading – John 6:51-69**

**51**I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

**52**Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?”

**53**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. **54**Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. **55**For my flesh is real food and my blood is real drink. **56**Whoever eats my flesh and drinks my blood remains in me, and I in them. **57**Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. **58**This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.” **59**He said this while teaching in the synagogue in Capernaum.

**Many Disciples Desert Jesus**

**60**On hearing it, many of his disciples said, “This is a hard teaching. Who can accept it?”

**61**Aware that his disciples were grumbling about this, Jesus said to them, “Does this offend you? **62**Then what if you see the Son of Man ascend to where he was before! **63**The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit[[e](https://www.biblegateway.com/passage/?search=john+6&version=NIV#fen-NIV-26321e)] and life. **64**Yet there are some of you who do not believe.” For Jesus had known from the beginning which of them did not believe and who would betray him. **65**He went on to say, “This is why I told you that no one can come to me unless the Father has enabled them.”

**66**From this time many of his disciples turned back and no longer followed him.

**67**“You do not want to leave too, do you?” Jesus asked the Twelve.

**68**Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life. **69**We have come to believe and to know that you are the Holy One of God.”