**Psalm 34:1-8**

**1**I will extol the Lord at all times;  
    his praise will always be on my lips.  
**2**I will glory in the Lord;  
    let the afflicted hear and rejoice.  
**3**Glorify the Lord with me;  
    let us exalt his name together.

**4**I sought the Lord, and he answered me;  
    he delivered me from all my fears.  
**5**Those who look to him are radiant;  
    their faces are never covered with shame.  
**6**This poor man called, and the Lord heard him;  
    he saved him out of all his troubles.  
**7**The angel of the Lord encamps around those who fear him,  
    and he delivers them.

**8**Taste and see that the Lord is good;  
    blessed is the one who takes refuge in him.

**Old Testament Reading - 1 Kings 19:1-8**

**Elijah Flees to Horeb**

**19**Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. **2**So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

**3**Elijah was afraid[[a](https://www.biblegateway.com/passage/?search=1+kings+19&version=NIV#fen-NIV-9391a)] and ran for his life. When he came to Beersheba in Judah, he left his servant there, **4**while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.” **5**Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, “Get up and eat.” **6**He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

**7**The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” **8**So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

**Epistle Reading – Ephesians 4:17 - 5:2**

**Instructions for Christian Living**

**17**So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. **18**They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. **19**Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

**20**That, however, is not the way of life you learned **21**when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. **22**You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23**to be made new in the attitude of your minds; **24**and to put on the new self, created to be like God in true righteousness and holiness.

**25**Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. **26**“In your anger do not sin”[[d](https://www.biblegateway.com/passage/?search=ephesians+4&version=NIV#fen-NIV-29299d)]: Do not let the sun go down while you are still angry, **27**and do not give the devil a foothold. **28**Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

**29**Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. **30**And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. **31**Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32**Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. … **5 1**Follow God’s example, therefore, as dearly loved children **2**and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

**Gospel Reading – John 6:35 - 51**

**35**Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. **36**But as I told you, you have seen me and still you do not believe. **37**All those the Father gives me will come to me, and whoever comes to me I will never drive away. **38**For I have come down from heaven not to do my will but to do the will of him who sent me. **39**And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. **40**For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

**41**At this the Jews there began to grumble about him because he said, “I am the bread that came down from heaven.” **42**They said, “Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I came down from heaven’?”

**43**“Stop grumbling among yourselves,” Jesus answered. **44**“No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. **45**It is written in the Prophets: ‘They will all be taught by God.’[[d](https://www.biblegateway.com/passage/?search=john+6&version=NIV#fen-NIV-26303d)] Everyone who has heard the Father and learned from him comes to me. **46**No one has seen the Father except the one who is from God; only he has seen the Father. **47**Very truly I tell you, the one who believes has eternal life. **48**I am the bread of life. **49**Your ancestors ate the manna in the wilderness, yet they died. **50**But here is the bread that comes down from heaven, which anyone may eat and not die. **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.”