

Collect of the Day:

Almighty and merciful God, it is only by your grace that your faithful people offer you true and laudable service: Grant that we may run without stumbling to obtain your heavenly promises; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen

Reader: The Old Testament reading is taken from Exodus 16:2-4, 9-15

² In the desert the whole community grumbled against Moses and Aaron. ³ The Israelites said to them, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

⁴ Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions." ⁹ Then Moses told Aaron, "Say to the entire Israelite community, 'Come before the Lord, for he has heard your grumbling.'" ¹⁰ While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the Lord appearing in the cloud.

¹¹ The Lord said to Moses, ¹² "I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God.'" ¹³ That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. ¹⁴ When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. ¹⁵ When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was. Moses said to them, "It is the bread the Lord has given you to eat."

Reader: The Word of the Lord

People: **Thanks be to God.**

Reader: This morning's psalm is Psalm 78: 14-26 read responsively by full verse.

¹⁴ He guided them with the cloud by day and with light from the fire all night.

¹⁵ **He split the rocks in the wilderness and gave them water as abundant as the seas;**

¹⁶ he brought streams out of a rocky crag and made water flow down like rivers.

¹⁷ **But they continued to sin against him, rebelling in the wilderness against the Most High.**

¹⁸ They willfully put God to the test by demanding the food they craved.

¹⁹ **They spoke against God; they said, "Can God really spread a table in the wilderness?"**

²⁰ True, he struck the rock, and water gushed out, streams flowed abundantly, but can he also give us bread? Can he supply meat for his people?"

²¹ **When the Lord heard them, he was furious; his fire broke out against Jacob, and his wrath rose against Israel,**

²² for they did not believe in God or trust in his deliverance.

²³ **Yet he gave a command to the skies above and opened the doors of the heavens;**

²⁴ he rained down manna for the people to eat, he gave them the grain of heaven.

²⁵ **Human beings ate the bread of angels; he sent them all the food they could eat.**

²⁶ He let loose the east wind from the heavens and by his power made the south wind blow.

Glory to the Father, and to the Son, and to the Holy Spirit; As it was in the beginning, is now, and ever shall be, world without end. Amen.

Reader: The Epistle is taken from Galatians 5: 1-12

5 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. ² Mark my words! I, Paul, tell you that if you let yourselves be circumcised, Christ will be of no value to you at all. ³ Again I declare to every man who lets himself be circumcised that he is obligated to obey the whole law. ⁴ You who are trying to be justified by the law have been alienated from Christ; you have fallen away from grace. ⁵ For through the Spirit we eagerly await by faith the righteousness for which we hope. ⁶ For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that ^{counts} is faith expressing itself through love. ⁷ You were running a good race. Who cut in on you to keep you from obeying the truth? ⁸ That kind of persuasion does not come from the one who calls you. ⁹ “A little yeast works through the whole batch of dough.” ¹⁰ I am confident in the Lord that you will take no other view. The one who is throwing you into confusion, whoever that may be, will have to pay the penalty. ¹¹ Brothers and sisters, if I am still preaching circumcision, why am I still being persecuted? In that case the offense of the cross has been abolished. ¹² As for those agitators, I wish they would go the whole way and emasculate themselves!

Reader: The Word of the Lord.

People: **Thanks be to God.**

Celebrant: The Holy Gospel of our Lord Jesus Christ according to St John 6:24-35

People: **Glory to you, Lord Christ.**

²⁴ Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus. ²⁵ When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?” ²⁶ Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. ²⁷ Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.” ²⁸ Then they asked him, “What must we do to do the works God requires?” ²⁹ Jesus answered, “The work of God is this: to believe in the one he has sent.” ³⁰ So they asked him, “What sign then will you give that we may see it and believe you? What will you do? ³¹ Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’” ³² Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³ For the bread of God is the bread that comes down from heaven and gives life to the world.” ³⁴ “Sir,” they said, “always give us this bread.” 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.

Celebrant: The Gospel of the Lord.

People: **Praise to you, Lord Christ.**