

Readings: 20 Sunday Ordinary Time (B)

First Reading Introduction: Eating and Drinking Wisdom

Wisdom wants to share itself as food and drink, to give insight and life. Christ, the Word of God, is true wisdom. In the meal of the eucharist he transforms us into God's image.

First Reading: Proverbs 9:1-6

Wisdom has built her house,
she has set up her seven columns;
she has dressed her meat, mixed her wine,
yes, she has spread her table.
She has sent out her maidens; she calls
from the heights out over the city:
"Let whoever is simple turn in here;
To the one who lacks understanding, she says,
Come, eat of my food,
and drink of the wine I have mixed!
Forsake foolishness that you may live;
advance in the way of understanding."

Responsorial Psalm: Ps 34:2-3,4-5,6-7,8-9

R./ Taste and see the goodness of the Lord.

I will bless the LORD at all times;
his praise shall be ever in my mouth.

Let my soul glory in the LORD;
the lowly will hear me and be glad.

R./ Taste and see the goodness of the Lord.

Glorify the LORD with me,
Let us together extol his name.

I sought the LORD, and he answered me
And delivered me from all my fears.

R./ Taste and see the goodness of the Lord.

Look to him that you may be radiant with joy.
And your faces may not blush with shame.

When the afflicted man called out, the LORD heard,
And from all his distress he saved him.

R./ Taste and see the goodness of the Lord.

The angel of the LORD encamps
around those who fear him and delivers them.

Taste and see how good the LORD is;
blessed the man who takes refuge in him.

R./ Taste and see the goodness of the Lord.

Second Reading Introduction: Praising the Father through Christ

Christians learn the true wisdom of life from the Holy Spirit. In the liturgical assembly they sing out their thanks to the Father through Christ.

Second Reading: Ephesians 5:15-20

Brothers and sisters:

Watch carefully how you live,

not as foolish persons but as wise,

making the most of the opportunity,

because the days are evil.

Therefore, do not continue in ignorance,

but try to understand what is the will of the Lord.

And do not get drunk on wine, in which lies debauchery,

but be filled with the Spirit,

addressing one another in psalms and hymns and spiritual songs,

singing and playing to the Lord in your hearts,

giving thanks always and for everything

in the name of our Lord Jesus Christ to God the Father.

Gospel Introduction: Sharing Jesus' Life through the Eucharist

By eating the Lord's body and drinking his blood, we share in Jesus' life and we are sure he will raise us from the dead.

Gospel Reading: John 6:51-58

Jesus said to the crowds:

"I am the living bread that came down from heaven;

whoever eats this bread will live forever;

and the bread that I will give

is my flesh for the life of the world."

The Jews quarreled among themselves, saying,

"How can this man give us his flesh to eat?"

Jesus said to them,

"Amen, amen, I say to you,

unless you eat the flesh of the Son of Man and drink his blood,

you do not have life within you.

Whoever eats my flesh and drinks my blood

has eternal life,

and I will raise him on the last day.

For my flesh is true food,

and my blood is true drink.

Whoever eats my flesh and drinks my blood

remains in me and I in him.

Just as the living Father sent me

and I have life because of the Father,

so also the one who feeds on me

will have life because of me.

This is the bread that came down from heaven.

Unlike your ancestors who ate and still died,

whoever eats this bread will live forever."
