

Sunday 1 August 2027

Eighteenth Sunday in Ordinary Time (Year B)

First Reading - Exodus 16.2-3, 9-15

A reading from the book of Exodus.

The Israelites complained against Moses and Aaron, saying, 'If only we had died, by the hand of the Lord, in the land of Egypt, where we ate our fill of meat and bread.'

But you have brought us out into this wilderness, to die of hunger.'

Aaron gathered the people together, and said, 'Draw near to the Lord, for the Lord has heard your complaining.'

And the Lord says this:

"In the evening, you will eat meat; and in the morning, you will have your fill of bread; and then you will know that I am the Lord your God."

As Aaron was speaking to the people, they looked towards the wilderness, and the glory of the Lord appeared in a cloud.

That evening, quails flew in, and covered the camp.

And in the morning, there was a layer of dew, all around the camp.

When the dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground.

When the Israelites saw it, they asked one another what it could be.

Moses said, 'It is the bread that the Lord has given you to eat.'

This is the word of the Lord.

Second Reading - Ephesians 4.1-6

A reading from the letter of Paul to the Ephesians.

I urge you to lead a life that is worthy of the high calling that you have received:

a life of humility, gentleness, and patience, forgiving and accepting one another in love, and working always to live in unity and peace.

For there is one body, and one Spirit, one hope to which we are called, one Lord, one faith, one baptism, one God and Father of all.

This is the word of the Lord.

Gospel - John 6.22-35

Hear the Gospel of our Lord Jesus Christ according to John.

Some from the crowd stayed overnight, at the lakeside, at the place where Jesus

had given thanks over the bread, and the whole crowd had eaten.

In the morning, when they realised that both Jesus and the disciples had left, they went by boat to Capernaum, to look for Jesus there.

When they found Jesus, they asked him, 'Teacher, when did you come here?'

Jesus said, 'You have come to find me, not because you understood the meaning of the sign that you witnessed, but because you ate your fill of bread!'

Do not work

for the food that perishes, but work for the food that endures for eternal life - the food that the Son of Man will give you;

for it is on the Son of Man that God the Father has set his seal.'

They said to him, 'What must we do to be doing the work of God?'

Jesus said, 'This is the work of God: that you believe in the one that God has sent.'

So they said to him, 'What sign are you going to give us, so that we may see it, and believe in you?'

Our ancestors ate manna in the wilderness; it says, "He gave them bread from heaven to eat."

Jesus said to them, 'It was not Moses who gave you the bread from heaven; it is my Father who gives you

the true bread from heaven - the bread of God that comes down from heaven and gives life to the world.'

They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life.

Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

This is the Gospel of the Lord.