



**Nineteenth Sunday in ordinary Time- Year B (P 700) – 12/8/2018**

**ENTRANCE ANTIPHON** Cf Ps 73:20, 19, 22, 23

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause; and forget not the cries of those who seek you.

**FIRST READING** 19:4-8 Page 701

A reading from the book of Kings.

**Strengthened by food, he walked to the mountain of the Lord.**

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. "Lord", he said "I have had enough. Take my life; I am no better than my ancestors." Then he lay down and went to sleep.

But an angel touched him and said, "Get up and eat." He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again.

But the angel of the Lord came back a second time and touched him and said, "Get up and eat, or the journey will be too long for you." So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

✠ **The word of the Lord.** ✠



**Responsorial Psalm**

**Taste and see the goodness of the Lord.**

**SECOND READING**

A reading from the letter of St Paul to the Ephesians. 4:30-5:2 page 702

**Walk in love, just as Christ.**

★ Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

✠ **The word of the Lord.** ✠



**Gospel Acclamation**

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever. Alleluia!

**GOSPEL**

Page 702 6:41-51

The reading from the Holy Gospel according to John.

**I am the bread come down from heaven.**

★ The Jews were complaining to each other about Jesus, because he had said, "I am the bread that came down from heaven." "Surly this is Jesus son of Joseph" they said, "We know his father and mother. How can he now say, "I have come down from heaven"?"

Jesus said in reply, "stop complaining to each other. No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day.

It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learnt from it, is to come to me. Nor that anybody has seen the Father, except the one who comes from God; he has seen the Father.

I tell you most solemnly, everybody who believes has eternal life. I am the bread of life.

Your fathers ate the mana in the desert and they are dead; but this is the bread that comes down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world." ★

◆ **The Gospel of the Lord.** ◆



**COMMUNION ANTIPHON**

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

**PRAYER AFTER COMMUNION**

May the communion in your Sacrament that we have consumed, save us, O Lord, and confirm us in the light of your truth.

◆ **Through Christ our Lord.** ◆

