



Celebrate

Sunday, August 4, 2024
11th Sunday after Pentecost

Apparently not satisfied by Jesus' feeding of thousands, some who were there press him for a sign of his power; perhaps it is daily manna they want. As always in John's gospel when people want a sign, Jesus offers himself. He is the bread come from heaven to give life to the world. He calls us to come to him and believe in him, and through that relationship to know the one who sent him.

Prayer of the Day

O God, eternal goodness, immeasurable love, you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes only from you, through Jesus Christ, our Savior and Lord. **Amen.**

First Reading

Exodus 16:2-4, 9-15

A food crisis becomes a faith crisis for the Israelites in the wilderness. The hungry people forget God's saving work in the exodus, and they wish for the food they had in Egypt. Nevertheless, God miraculously meets their needs, with manna for bread and quail for meat.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

⁴Then the LORD said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

⁹Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" ¹⁰And as Aaron spoke to the whole congregation

of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. ¹¹The LORD spoke to Moses and said, ¹²"I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'"

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat."

Psalm

Psalm 78:23-29; refrain, Ps. 78:24, 25



God rained down man - na from heav - en;



so mor - tals ate the bread of an - gels.

So God commanded the clouds above
and opened the doors of heaven,

²⁴raining down manna upon them to eat
and giving them grain from heaven. **R**

²⁵So mortals ate the bread of angels;
God provided for them food enough.

²⁶The LORD caused the east wind to blow in the heavens
and powerfully led out the south wind,

²⁷raining down flesh upon them like dust
and flying birds like the sand of the seas,

²⁸letting them fall in the midst of the camp
and round about the dwellings.

²⁹So the people ate and were well filled,
for God gave them what they craved. **R**

Second Reading

Ephesians 4:1-16

Christians share fundamental unity and diversity. Our unity consists in the one body, one Spirit, one Lord, one faith, one baptism, and one God. Our diversity is expressed in various forms of ministry whose goal is equipping the saints and building up Christ's one body.

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

⁷But each of us was given grace according to the measure of Christ's gift. ⁸Therefore it is said,

“When he ascended on high he made captivity itself a captive; he gave gifts to his people.”

⁹(When it says, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same

one who ascended far above all the heavens, so that he might fill all things.)

¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers,

¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

¹⁴We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Gospel

John 6:24-35

Many of the five thousand people Jesus fed in the wilderness continued to follow him throughout the countryside. Jesus challenges them to consider the real nature of their quest.

When the crowd saw that neither Jesus nor his disciples were [beside the sea], they themselves got into the boats and went to Capernaum looking for Jesus.

²⁵When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” ²⁶Jesus answered them, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” ²⁸Then they said to him, “What must we do to perform the works of God?” ²⁹Jesus answered them, “This is the work of God, that you believe in him whom he has

sent.” ³⁰So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing?” ³¹Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” ³²Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³For the bread of God is that which comes down from heaven and gives life to the world.” ³⁴They said to him, “Sir, give us this bread always.”

³⁵Jesus 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.”

Prayers of Intercession

The prayers are prepared locally for each occasion. The following examples may be adapted or used as appropriate.

Calling on the spirit of Wisdom to guide our hearts and our minds, let us pray for the church, the world, and all in need.

A brief silence.

O Wise One, your wisdom has been present in this world since its beginning. Pour out your wisdom into the hearts of the whole church, especially the newly baptized, lay leaders, deacons, pastors, and bishops. Merciful God,
receive our prayer.

Holy God of all creation, you are the source of all life. Where the sun blazes hard and strong, bring a gentle breeze. In the places experiencing the cold of winter, bring your warmth. Merciful God,
receive our prayer.

Compassionate God, help government leaders of this world unite for peace and justice. Humble all who hold authority, that power is directed toward a more just society. Merciful God,
receive our prayer.

Bread of life from heaven, you feed us. Fill all who hunger with needed nutrition and open our hearts to eliminate hunger in this world. May we see a day when all are fed. Merciful God,
receive our prayer.

O Wisdom of truth, help us to understand your will for the church. Be with congregations experiencing transition, redevelopment, and the exciting yet frightening path of newness. May your wisdom be found at every step. Merciful God,
receive our prayer.

Here other intercessions may be offered.

Redeeming God, we give you thanks for the lives and witness of your saints now departed (*especially*). Bring your beloved into eternal glory, opening wide the gates to the heavenly banquet. Merciful God,
receive our prayer.

We lift up these prayers to you, gracious God. Receive them into your holy keeping.
Amen.

Preparing for Next Week

Monday Psalm 107:1-3, 33-43. **Tuesday** 1 Corinthians 12:27-31. **Wednesday** Mark 8:1-10. **Thursday** (commemoration of Dominic, founder of the Order of Preachers [Dominicans], 1221) Psalm 34:1-8. **Friday** Galatians 6:1-10. **Saturday** (commemoration of Lawrence, deacon, martyr, 258) Matthew 7:7-11. **12th Sunday after Pentecost** (commemoration of Clare, Abbess of San Damiano, 1253) 1 Kings 19:4-8; Psalm 34:1-8; Ephesians 4:25—5:2; John 6:35, 41-51.

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