

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,
 24 **raining down manna upon them to eat**
 and giving them grain from heaven. **R**
 25 So mortals ate the bread of angels;
 God provided for them food enough.
 26 **The Lord caused the east wind to blow in the heavens**
 and powerfully led out the south wind,
 27 raining down flesh upon them like dust
 and flying birds like the sand of the seas,
 28 **letting them fall in the midst of the camp**
 and round about the dwellings.
 29 So the people ate and were well filled,
 for God gave them what they craved. **R**

Prayers of Intercession

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

Rooted in Christ and sustained by the Spirit, we offer our prayers for the church, the world, and all of creation.

A brief silence.

You call your church to be the body of Christ. Awaken all the baptized to the gifts you provide for carrying out the work of ministry. Where the church is divided, knit us together and restore the unity of the faith. Hear us, O God. **Your mercy is great.**

You command the clouds above and cause the wind to blow in the heavens. Watch over deserts and wilderness places. Regenerate rainforests, defend species at risk of extinction, and strengthen the work of conservation organizations (especially). Hear us, O God. **Your mercy is great.**

You summon leaders to respond to the needs of your people. Instill those who govern with patience when confronted with grievances and perseverance in seeking what promotes the well-being of the community. Hear us, O God. **Your mercy is great.**

You draw near to those who cry out for help. Feed those who are hungry, reassure those who are despairing, and accompany those who are imprisoned. Rain down the true bread from heaven that gives life to the world. Hear us, O God.

Your mercy is great.

You receive all who come seeking a sign of grace. Make this congregation a place of hospitality for those accustomed to rejection. To those who have felt excluded here or elsewhere, prepare us to welcome them in the name of Christ. Hear us, O God. **Your mercy is great.**

Here other intercessions may be offered.

You provide food that endures for eternal life. Sustain us each day with the bread of life until we are gathered with (name/s and) all the saints and feast together at your heavenly banquet. Hear us, O God.

Your mercy is great.

We lift these and all our prayers to you, O God, confident in the promise of your saving love; through Jesus Christ our Lord. **Amen.**

Preparing for Next Week

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

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Celebrate

Sunday, August 1, 2021
10th 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."

Second Reading

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."