

Sunday after Trinity Sunday

[161] **THE BODY AND BLOOD OF CHRIST** A

**FIRST READING**

The Lord gave you food that you and your ancestors did not know.

A reading from the book of Deuteronomy

8:2-3, 14b-16a

**M**oses told the people:

“Don’t forget how the Lord your God  
led you in the desert for forty years.

The Lord did this

so that you would learn to depend on him.

And he wanted to know

if you were truly willing to obey him.”

“The Lord made you go hungry.

Then he gave you manna,

a kind of food that you and your ancestors had never heard about.

He did this to teach you that people need more than food to live.

They need every word that the Lord has spoken.”

“The Lord your God brought you out of Egypt,

where you were slaves.

He led you safely through a big and terrible desert

that was full of poisonous snakes and scorpions.”

“The Lord gave you water from solid rock.

And in the desert he gave you manna,

a kind of food your ancestors had never heard about.

He tested you like this to teach you to depend on him,

so that all would go well for you.”

The word of the Lord.

**RESPONSORIAL PSALM**

147:12 and 14, 19-20

*R. (12) Praise the Lord, Jerusalem.*

Everyone in Jerusalem,  
come and praise

the Lord you God!  
God lets you live in peace,  
and he gives you  
the very best wheat.

*R. Praise the Lord, Jerusalem.*

God gave his laws and teachings  
to the descendants of Jacob,  
the nation of Israel.  
But he has not given his laws  
to any other nation.  
Shout praises to the Lord!

*R. Praise the Lord, Jerusalem.*

## **SECOND READING**

Though we are many, we are one bread.

A reading from the first letter of Paul to the Corinthians 10:16-17

**B**rothers and sisters:

When we drink from the cup that we ask God to bless,  
isn't that sharing in the blood of Christ?  
When we eat the bread that we break,  
isn't that sharing in the body of Christ?  
By sharing in the same loaf of bread,  
we become one body,  
even though there are many of us.

The word of the Lord.

## **ALLELUIA**

John 6:51

*R. Alleluia, alleluia.*

I am the living bread from heaven, says the Lord;  
whoever eats this bread will live forever.

*R. Alleluia, alleluia.*

## GOSPEL

My flesh is real food and my blood is real drink.

† A reading from the holy gospel according to John 6:51-58

**J**esus said to the crowd:

“I am the bread from heaven!  
Everyone who eats it will live forever.  
My flesh is the life-giving bread  
that I give to the people of this world.”

They started arguing with each other and asked,  
“How can he give us his flesh to eat?”

Jesus answered:

“I tell you for certain that you won’t live  
unless you eat the flesh and drink the blood of the Son of Man.  
But if you do eat my flesh and drink my blood,  
you will have eternal life,  
and I will raise you to life on the last day.”

“My flesh is the true food,  
and my blood is the true drink.  
If you eat my flesh and drink my blood,  
you are one with me, and I am one with you.”

“The living Father sent me,  
and I have life because of him.  
Now everyone who eats my flesh will live because of me.”

“The bread that comes down from heaven  
is not like what your ancestors ate.  
They died,  
but whoever eats this bread will live forever.”

The gospel of the Lord.