

SUNDAY, August 8, 2021
Nineteenth Sunday in Ordinary Time

Affirmation Prayer...

In Christ is our strength: let us give thanks and praise!

All: Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen. Alleluia!

Hymn **Meter: CM**

Jesus, in death you shed your Blood
That each of us might live;
Now as our living Bread from heav'n
Your loving self you give.
Jesus, you give your very all,
True Bread from heav'n above;
You are the giver and the gift,
The sign, the source, of love.
How can we thank you, loving Lord,
Who show yourself so kind?
Take what we have, take all we are,
Our heart, our strength, our mind.

Psalm **84:2-3, 5-8, 13**

Elijah got up, ate and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb. (cf. 1 Kgs 19:8)

The true food and drink which Christ gives us in himself leads us out of the deserts where weakness saps our will and gives us the strength to pursue the road to eternal life on the mountain of God, the heavenly Jerusalem.

How lovely is your dwelling place,
Lord, God of hosts.
My soul is longing and yearning,
is yearning for the courts of the Lord.
My heart and my soul ring out their joy
to God, the living God.
They are happy, who dwell in your house,
for ever singing your praise.
They are happy, whose strength is in you,
in whose hearts are the roads to Zion.
As they go through the Bitter Valley
they make it a place of springs,
the autumn rain covers it with blessings.
They walk with ever growing strength,
they will see the God of gods in Zion.
Lord, God of hosts,
happy the man who trusts in you!

All: Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen.

Word of God **Isaiah 30:19-21**

O people of Zion, who dwell in Jerusalem,/ no more will you weep;/ He will be gracious to you when you cry out,/ as soon as he hears he will answer you./ The Lord will give you the bread you need/ and the water for which you thirst./ No longer will your Teacher hide himself,/ but with your own eyes you shall see your Teacher,/ While from behind, a voice shall sound in your ears:/ "This is the way; walk in it,"/ when you would turn

to the right or to the left.

In your mercy you led the people you redeemed;/ in your strength you guided them to your holy dwelling. (Ex 15:13)

Canticle of Zechariah

Then the Lord said to Moses, "I will now rain down bread from heaven for you." (Ex 16:4)

All: Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

All: Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen.

Intercessions

With confidence, we pray:

R/ Our strength and our courage is the Lord!

Come and save your people. When we are desolate and afraid: **R/**

When we lose the courage to follow in Christ's footsteps: **R/**

When our hope in God's promises wavers: **R/**

Personal intentions

All: Our Father, Who art in heaven, Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

God of mercy and compassion, you sent food to strengthen the prophet Elijah for the journey to the place where he would meet you. You sent bread to strengthen your people in the desert for the journey to the promised land. You send us in Christ the Bread of Life to strengthen us for our journey on the road of discipleship. Sustain us in courage, faith, and hope, that we may one day see you face to face, through the same Christ our Lord. Amen.

All: St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

*Prayer for the text used with permission
of Magnificat*

Reading 1 **1 Kings 19:4-8**

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'O 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.

Reading 2 **Ephesians 4:30-5:2**

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 loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

Gospel **John 6: 41-51**

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely 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 learn from it, is to come to me. Not 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 manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come 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.'