

And King Melchizedek of Salem brought out bread and wine; he was priest of God Most High. He blessed him and said,

'Blessed be Abram by God Most High,

maker of heaven and earth;

and blessed be God Most High,

who has delivered your enemies into your hand!'

And Abram gave him one-tenth of everything.

Genesis 14.18-20

PSALM

Gracious is the Lord and righteous.

10 How shall I repay the Lord

for all the benefits he has given to me?

11 I will lift up the cup of salvation

and call upon the name of the Lord.

12 I will fulfil my vows to the Lord

in the presence of all his people.

Gracious is the Lord and righteous.

13 Precious in the sight of the Lord

is the death of his faithful servants.

14 O Lord, I am your servant,

your servant, the child of your handmaid;

you have freed me from my bonds.

Gracious is the Lord and righteous.

15 I will offer to you a sacrifice of thanksgiving

and call upon the name of the Lord.

16 I will fulfil my vows to the Lord

in the presence of all his people,

17 In the courts of the house of the Lord,

in the midst of you, O Jerusalem. Alleluia.

Gracious is the Lord and righteous.

Ps 116.10-17

SECOND READING

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. *1 Cor 11.23-26*

THE GOSPEL

Jesus said, I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

John 6.51-58