

First Reading: Joshua 24:1-2a, 14-18

¹Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. ^{2a}And Joshua said to all the people, ¹⁴“Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. ¹⁵Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD.”

¹⁶Then the people answered, “Far be it from us that we should forsake the LORD to serve other gods; ¹⁷for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; ¹⁸and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God.”

The word of the Lord.

Thanks be to God.

Psalm: Psalm 34:15-22

¹⁵The eyes of the LORD are upon the righteous,
and God’s ears are open to their cry.

¹⁶**The face of the LORD is against those who do evil,
to erase the remembrance of them from the earth.**

¹⁷The righteous cry, and the LORD hears them
and delivers them from all their troubles.

¹⁸**The LORD is near to the brokenhearted
and saves those whose spirits are crushed.**

¹⁹Many are the troubles of the righteous,
but the LORD delivers them from every one.

²⁰**God will keep safe all their bones;
not one of them shall be broken.**

²¹Evil will bring death to the wicked
and those who hate the righteous will be punished.

²²**O LORD, you redeem the life of your servants,
and those who put their trust in you will not be punished.**

Second Reading: Ephesians 6:10-20

¹⁰Be strong in the Lord and in the strength of his power. ¹¹Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. ¹²For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

¹³Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. ¹⁴Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

¹⁸Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. ¹⁹Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, ²⁰for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Alleluia. Lord, to whom shall we go?

You have the words of eternal life. Alleluia.

Gospel: John 6:56-69

The Holy Gospel according to John, the 6th chapter.

Glory to you, O Lord.

[Jesus said,] ⁵⁶“Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This 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 forever.” ⁵⁹He said these things while he was teaching in the synagogue at Capernaum.

⁶⁰When many of his disciples heard it, they said, “This teaching is difficult; who can accept it?” ⁶¹But Jesus, being aware that his disciples were complaining about it, said to them, “Does this offend you? ⁶²Then what if you were to see the Son of Man ascending to where he was before? ⁶³It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴But among you there are some who do not believe.” For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. ⁶⁵And he said, “For this reason I have told you that no one can come to me unless it is granted by the Father.”

⁶⁶Because of this many of his disciples turned back and no longer went about with him. ⁶⁷So Jesus asked the twelve, “Do you also wish to go away?” ⁶⁸Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. ⁶⁹We have come to believe and know that you are the Holy One of God.”

The gospel of the Lord.

Praise to you, O Christ.