

19th Sunday in Ordinary time Cycle B *Life for the world*

Reading I 1 Kings 19:4-8 (Elijah's flight to Horeb)
Reading II Ephesians 4:30-5:2 (vices to be avoided)
Gospel John 6:41-51 (discourse on the bread of life)



Key Passage Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread I will give for the life of the world is my flesh." (John 6:51)

Question of the Week: When has the bread of life given you the strength you needed to face a difficult situation in your life?

Living as a disciple: This week when you receive Holy Communion, ask God to show you how you can help those in need.

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