A Reading from the Holy Gospel according to John.

1. Jesus said to the Jewish crowds:
   “I am the living bread that came down from heaven;
   whoever eats this bread will live for-ev-er; *
   and the bread that I will give
   is my flesh for the life of the world.”

2. The Jews quarreled among them, say-ing, *
   “How can this man give us his flesh to eat?”

3. Jesus said to them,
   “Amen, amen, I say to you,
   unless you eat the flesh of the Son of Man and drink his blood, *
   you do not have life with-in you.

4. Whoever eats my flesh and drinks my blood
   has e-ter-nal life, *
   and I will raise him on the last day.

5. For my flesh is true food, *
   and my blood is true drink.

6. Whoever eats my flesh and drinks my blood *
   remains in me / and I in him.

7. Just as the living Father sent me and I have life be-cause of the Fa-ther, *
   so also the one who feeds on me will have life because of me.

8. This is the bread that came down from heav-en. *

9. Unlike your ancestors who ate and still died, *
   whoever eats this bread / will live for-ev-er.”
The Gospel of the Lord. Praise to you, Lord Jesus Christ.