

## TWENTIETH SUNDAY IN ORDINARY TIME

### FIRST READING

A reading from the book of Proverbs (9:1-6)

Wisdom has built herself a house,  
she has erected her seven pillars,  
she has slaughtered her beasts, prepared her wine,  
she has laid her table.  
She has despatched her maidservants  
and proclaimed from the city's heights:  
'Who is ignorant? Let him step this way.'  
To the fool she says,  
'Come and eat my bread,  
drink the wine I have prepared!  
Leave your folly and you will live,  
walk in the ways of perception.'

**The word of the Lord.**

### RESPONSORIAL PSALM (Ps 33:2-3,10-15. R. v.9)

**R. Taste and see the Lord is good.**

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. **R.**

Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing. **R.**

Come, children, and hear me  
that I may teach you the fear of the Lord.  
Who is he who longs for life  
and many days, to enjoy his prosperity? **R.**

Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace. **R.**

### SECOND READING

A reading from the letter of St Paul to the Ephesians  
(5:15-20)

Be very careful about the sort of lives you lead, like  
intelligent and not like senseless people.

This may be a wicked age, but your lives should  
redeem it. And do not be thoughtless but recognise  
what is the will of the Lord. Do not drug yourselves  
with wine, this is simply dissipation; be filled with the  
Spirit. Sing the words and tunes of the psalms and  
hymns when you are together, and go on singing and  
chanting to the Lord in your hearts, so that always and  
everywhere you are giving thanks to God who is our  
Father in the name of our Lord Jesus Christ.

**The word of the Lord.**

### Gospel Acclamation (Jn 1:14,12)

**R. Alleluia, alleluia!**

The Word was made flesh and lived among us;  
to all who did accept him  
he gave power to become children of God.

**R. Alleluia!**

**Or: (Jn 6:56)**

**R. Alleluia, alleluia!**

He who eats my flesh and drinks my blood  
lives in me, and I live in him,  
says the Lord.

**R. Alleluia!**

### GOSPEL

A reading from the holy Gospel according to John  
(6:51-58)

Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another: 'How  
can this man give us his flesh to eat?' they said. Jesus  
replied:

'I tell you most solemnly,  
if you do not eat the flesh of the Son of Man  
and drink his blood,  
you will not have life in you.  
Anyone who does eat my flesh and drink my blood has  
eternal life,  
and I shall raise him up on the last day.'

For my flesh is real food  
and my blood is real drink.  
He who eats my flesh and drinks my blood  
lives in me  
and I live in him.  
As I, who am sent by the living Father,  
myself draw life from the Father,  
so whoever eats me will draw life from me.  
This the bread come down from heaven;  
not like the bread our ancestors ate:  
they are dead,  
but anyone who eats this bread will live for ever.

**The Gospel of the Lord.**