

The holy gospel according to St. John.

Glory to you, O Lord.

⁵¹ I am the living bread that came down from heaven. Whoever eats this bread will live forever, and the bread that I will give for the life of the world is my flesh.”

⁵² Then the Jews debated among themselves, asking, “How can this man give us his flesh to eat?”

⁵³ Jesus said to them, “I assure you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵ My flesh is true food and my blood is true drink. ⁵⁶ Whoever eats my flesh and drinks my blood remains in me and I in them. ⁵⁷ As the living Father sent me, and I live because of the Father, so whoever eats me lives because of me. ⁵⁸ This is the bread that came down from heaven. It isn't like the bread your ancestors ate, and then they died. Whoever eats this bread will live forever.”

This is the Gospel of the Lord.

Praise to you, O Christ.