

## YEAR B, PROPER 14, SUNDAY: MASS

*The First Lesson. The Reader begins*

### **A Reading from Deuteronomy**

Moses said to the people: “All the commandments which I command you this day you shall be careful to do, that you may live and multiply, and go in and possess the land which the LORD swore to give to your fathers. And you shall remember all the way which the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments, or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know; that he might make you know that man does not live by bread alone, but that man lives by everything that proceeds out of the mouth of the LORD. Your clothing did not wear out upon you, and your foot did not swell, these forty years. Know then in your heart that, as a man disciplines his son, the LORD your God disciplines you. So you shall keep the commandments of the LORD your God, by walking in his ways and by fearing him. For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains

and springs, flowing forth in valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, a land in which you will eat bread without scarcity, in which you will lack nothing, a land whose stones are iron, and out of whose hills you can dig copper. And you shall eat and be full, and you shall bless the LORD your God for the good land he has given you.

*The Reader concludes*

The Word of the Lord.

### **Psalm 34:1–8**

*The Reader says*

Please join me in reading Psalm 34, verses 1 through 8, found in the red Prayer Book beginning on page 627.

*(The Reader repeats the above information as needed.)*

- 1 I will bless the LORD at all times; \*  
his praise shall ever be in my mouth.
- 2 I will glory in the LORD; \*  
let the humble hear and rejoice.
- 3 Proclaim with me the greatness of the LORD; \*  
let us exalt his Name together.
- 4 I sought the LORD, and he answered me \*  
and delivered me out of all my terror.

- 5 Look upon him and be radiant, \*  
and let not your faces be ashamed.
- 6 I called in my affliction and the LORD heard me \*  
and saved me from all my troubles.
- 7 The angel of the LORD encompasses those who  
fear him, \*  
and he will deliver them.
- 8 Taste and see that the LORD is good; \*  
happy are they who trust in him!

*The Second Lesson. The Reader begins*

**A Reading from the  
Letter of Paul to the Ephesians**

Putting away falsehood, let everyone speak the truth with his neighbor, for we are members one of another. Be angry but do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his hands, so that he may be able to give to those in need. Let no evil talk come out of your mouths, but only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear. And do not grieve the Holy Spirit of God,

in whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

*The Reader concludes*            The Word of the Lord.

*The Reader says*

Please stand for the Gospel.

## **The Gospel Acclamation**

*The Reader leads the appointed acclamation.*

*Reader*            Alleluia.

*People*            Alleluia.

*Reader*            The Lord is faithful in all his words \*  
                          and merciful in all his deeds.

*People*            Alleluia.

*The Reader returns to his or her seat.*

## **The Holy Gospel**

*The Minister says*

The Lord be with you.

*People*

And also with you.

*Minister*

The Holy Gospel of our Lord  
Jesus Christ according to John.

*People*

Glory to you, Lord Christ.

Jesus said to the people: “All that the Father gives me will come to me; and him who comes to me I will not cast out. For I have come down from heaven, not to do my own will, but the will of him who sent me; and this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up at the last day. For this is the will of my Father, that every one who sees the Son and believes in him should have eternal life; and I will raise him up at the last day.” The Jews then murmured at him, because he said, “I am the bread which came down from heaven.” They said, “Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, ‘I have come down from heaven?’” Jesus answered them, “Do not murmur among yourselves. No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day. It is written in the prophets, ‘And they shall all be taught by God.’ Every one who has heard and learned from the Father comes to me. Not that any one has seen the Father except him who is from God; he has seen the Father. Truly,

truly, I say to you, he who believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.”

*The Minister says*            The Gospel of the Lord.