

[111] **NINETEENTH SUNDAY OF ORDINARY TIME** **B**

**FIRST READING**

Strengthened by the food, Elijah walked to the mountain of the Lord.

A reading from the first book of Kings

19:4-8

**E**lijah walked through the desert for a whole day.

Finally, he came to a large bush and sat in its shade.

Then he prayed to die.

“Lord,” he said, “I have had all I can take.

Let me die! I’m no better than my ancestors.”

After saying this,

he lay in the shade of the bush and fell asleep.

Suddenly an angel touched Elijah and said, “Get up and eat!”

Elijah looked around,

and by his head was a jar of water

and some bread that had been baked over coals.

After eating and drinking, he lay back down.

Soon the Lord’s angel came back and touched Elijah again.

This time the angel said, “Get up and eat,

or else the trip will be too hard for you.”

The food gave Elijah strength,

and he traveled for forty more days

until he reached Mount Sinai, the mountain of God.

The word of the Lord.

**RESPONSORIAL PSALM**

34:1-2, 3-4, 7-8

*R. (9a) Taste and see the goodness of the Lord.*

I will always praise the Lord.

With all my heart,

I will praise the Lord.

let all who are helpless

listen and be glad.

*R. Taste and see the goodness of the Lord.*

Honor the Lord with me!  
Celebrate his great name.  
I asked the Lord for help,  
and he saved me  
from all my fears.

*R. Taste and see the goodness of the Lord.*

If you honor the Lord,  
his angel will protect you.  
Discover for yourself  
that the Lord is kind.  
Come to him for protection,  
and you will be glad.

*R. Taste and see the goodness of the Lord.*

## **SECOND READING**

Walk in love, just as Christ.

A reading from the letter of Paul to the Ephesians

4:31 – 5:2

**B**rothers and sisters:

Stop being bitter and angry and mad at others.  
Don't yell at one another or curse each other or ever be rude.  
Instead, be kind and merciful,  
and forgive others, just as God forgave you because of Christ.

Do as God does.  
After all, you are his dear children.  
Let love be your guide.  
Christ loved us and offered his life for us  
as a sacrifice that pleases God.

The word of the Lord.

**ALLELUIA**

John 6:51

*R. Alleluia, alleluia.*

I am the living bread from heaven, says the Lord;  
whoever eats this bread will live for ever.

*R. Alleluia, alleluia.*

## GOSPEL

I am the living bread come down from heaven.

† A reading from the holy gospel according to John

6:48-51

**J**esus said to the crowd:

“I am the bread that gives life!

Your ancestors ate manna in the desert,  
and later they died.

But the bread from heaven has come down,  
so that no one who eats it will ever die.

“I am the bread from heaven!

Everyone who eats it will live forever.

My flesh is the life-giving bread  
that I give to the people of this world.”

The gospel of the Lord.



**To conclude the session:**

Bread is a sign we are members of the ONE Body of Christ. Take the loaf of bread.

Begin your prayer time by explaining you, or another catechist, will give each child a piece of bread. The children don't eat the piece—just hold it in their hand until everyone has a piece. Explain, a prayer will be made, then together, those gathered will say: AMEN. At the end, we will eat the bread.

Then the prayer leader says: Dear Jesus, we want to imitate your love for others. We want to be kind to everyone. AMEN. We want to tell the truth at all times. AMEN. We want to obey our parents. AMEN. We want to do our best. AMEN.

Jesus, help us to be imitators of you in everything we do. AMEN. And, dear Jesus, we want to do everything for love of you. AMEN. (Eat the bread.)

If you know the song, "AMEN" based on a melody from ***Lilies of the Field***, you might want to sing it or another appropriate song to close.

Just in case you want other images from the reading from 1 Kgs, here are the images to build on: wandering in the desert; eating and drinking as the Lord directs; forty days and nights and a mountain, Horeb.