

[114] **TWENTIETH SUNDAY OF ORDINARY TIME** **B**

FIRST READING

Come and eat my bread, drink the wine I have prepared.

A reading from the book of Proverbs

9:1-6

Wisdom had built her house with its seven columns.
She has prepared the meat and set out the wine.
Her feast is ready.

She has sent her servant women
to announce her invitation from the highest hills.

“Everyone who is ignorant or foolish is invited!
All of you are welcome to my meat and wine.
If you want to live, give up your foolishness
and let understanding guide your steps.”

The word of the Lord.

RESPONSORIAL PSALM

34:1-2, 9-10

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!
You are his special people.
No one who honors the Lord
will ever be in need.
Young lions may go hungry
or even starve,
but if you trust the Lord,
you will never miss out
on anything good.

R. Taste and see the goodness of the Lord.

SECOND READING

Be watchful that you may know the will of God.

A reading from the letter of Paul to the Ephesians

5:15-20

Brothers and sisters:

Act like people with good sense and not like fools.
These are evil times,
so make every minute count.

Don't be stupid.
Instead, find out what the Lord wants you to do.
Don't destroy yourself by getting drunk,
but let the Spirit fill your life.

When you meet together,
sing psalms, hymns, and spiritual songs,
as you praise the Lord with all your heart.
Always use the name of the Lord Jesus Christ
to thank God the Father for everything.

The word of the Lord.

ALLELUIA

John 6:56

R. Alleluia, alleluia.

All who eat my flesh and drink my blood
live in me, and I in them, says the Lord.

R. Alleluia, alleluia.

GOSPEL

My flesh is real food and my blood is real drink.

† A reading from the holy gospel according to John

6:51-58

Jesus said to the crowd:

"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."

They started arguing with each other and asked,
“How can he give us his flesh to eat?”

Jesus answered:

“I tell you for certain that you won’t live
unless you eat the flesh and drink the blood of the Son of Man.
But if you do eat my flesh and drink my blood,
you will have eternal life,
and I will raise you to life on the last day.

“My flesh is the true food,
and my blood is the true drink.
If you eat my flesh and drink my blood,
you are one with me, and I am one with you.

“The living Father sent me,
and I have life because of him.
Now everyone who eats my flesh will live because of me.

“The bread that comes down from heaven
is not like what your ancestors ate.
They died,
but whoever eats this bread will live forever.”

The gospel of the Lord.

TWENTIETH SUNDAY OF ORDINARY TIME — Cycle B

Prayer: Dear Jesus, we love you more each day. We are happy being your children. We know you love us! Thank you for being our God and filling us with your Spirit of love and joy! AMEN.

Readings: Proverbs 9:1-6; Ps 34; Ephesians 5:15-20; John 6:51-58

What does “life” mean? The universe has a life. The earth is alive. Animals have life. Today, we hear Jesus saying: “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 within you.” Wow! But, if we take the first line, “I am the living bread that came down from heaven...” it helps us understand LIFE. All life is from God. Jesus’ life is from God. When we, as creatures, learn to see and believe this truth, we “will live forever.”

The truth of this is seen in our evolutionary history—life is changed not ended—is true for all created life not just humans. The difference for humans: We can believe in the sacredness of all life. We can be responsible for maintaining life. We are conscious of the consequences of our choices regarding life. This is really what Jesus states in his powerful statement: I AM...I am living bread...I am from heaven...I am capable of giving eternal life. Jesus is calling his early followers, and us today, to realize we are not the Creator; we are not in control; we are responsible for participating in life-giving actions.

Like our ancestors who ate and still died...we can do various actions with good intentions...but we still live into the consequences. Like the first and second readings: We can “forsake foolishness” (Prov) and “Watch carefully how you live, not as foolish persons but as wise, making the most of the opportunity, because the days are evil.” We have choices, with consequences, for all our actions.

Because some of Jews quarreled, saying “how can this be,” they missed the call to be believers of LIFE FOREVER. The same is true for us: If we are not careful, we make foolish choices that are not life-giving and the day seems to go from bad to worse, until we can SEE things differently. Until we can believe, life is to be good, for everyone, not just a “for me” it is easy to make “foolish” choices which eventually have consequences for everyone.

Activities: The point of today’s activity is to help us all see if we believe Jesus is the Bread of Life, as followers, we have to make good choices, not foolish ones, to bring good life into the world just like Jesus did.

Ahead of time, make a big poster with the words:

ACTION

RESULT

CHOICE

As the catechist, make sure you have thought through, worked through, a few examples before the session. Here is one example.

(continued on page 2)

ACTION: You get up and are not happy, what can happen? **RESULT:** Your mad; you move slow; don't make your bed; take too long in the bathroom; mom/dad gets upset; you aren't paying attention and spill milk; THE DAY IS OFF TO A BAD START. The day doesn't feel good... isn't filled with life!

CHOICE: Stay mad or sad. Make others mad or sad. OR: Say, hey, I am a child of God. What can I do to make life better?

Try and help the children see and understand the difference between WISE CHOICES
And FOOLISH CHOICES.

Perhaps a sheet to be sent home would be appropriate. Either make a **home sheet** with the Action/Result/Choice words or with Wise Choices and Foolish Choices. A simple statement of explanation for home use must be included. A suggestion:

Today we talked about Jesus offering us the Bread of Life. We can either choose to be WISE or FOOLISH in our actions to be the "Bread of Life" to others.

To conclude the session:

Dear Jesus, help us make do WISE and GOOD actions this week. We want to be life-guards for you this week. We hope we can be safe by doing the right thing all week long. Thank you for giving us LIFE. AMEN.

Make one "LIFE GUARD" sign, 4 inches high by 8 ½ wide, for each child to take home as a reminder.

If you know the children can have candy, give them a life-saver.