

# NINETEENTH SUNDAY IN ORDINARY TIME

Year B

## ENTRANCE HYMN

1. Kum ba yah, my Lord, kum ba yah, (3)  
O Lord, kum ba yah.
2. Someone's crying, Lord. . .
3. Someone's singing, Lord. . .
4. Someone's praying, Lord



2. Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. (R.)
3. Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress. (R.)
4. The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. (R.)

## GLORIA

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you, we bless you,  
we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world:  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father:  
have mercy on us.

For you alone are the Holy One,  
You alone are the Lord,  
You alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen

## FIRST READING

A reading from the first book of Kings 19:4-8  
*Strengthened by the food he walked until he reached the mountain of God.*

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The word of the Lord.

**RESPONSORIAL PSALM** Ps 33:2-9. R) v. 9

## R. Taste and see that the Lord is good.

1. 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.)

## SECOND READING

A reading from the letter of St. Paul to the Ephesians  
4:30 - 5:2

*Follow Christ by loving as he loved you.*

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The word of the Lord.

## GOSPEL ACCLAMATION

Jn 14:23

Alleluia, alleluia!

## GOSPEL

A reading from the holy Gospel according to John 6:41-51  
*I am the living bread, which has come down from heaven.*

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me  
unless he is drawn by the Father who sent me,  
and I will raise him up at the last day.

It is written in the prophets:

They will all be taught by God,  
and to hear the teaching of the Father,  
and learn from it,  
is to come to me.

Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.

I tell you most solemnly,  
everybody who believes, has eternal life.

I am the bread of life.

Your fathers ate the manna in the desert  
and they are dead;

but this is the bread that comes down from heaven,

