

A Reading from the Holy Gospel According to John

Jesus said to the crowds:

**“I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give is my flesh
for the life of the world.”**

The Jews quarreled among themselves, saying,

“How can this man give us [his] flesh to eat?”

Jesus said to them, “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.**

**Whoever eats my flesh and drinks my blood
has eternal life, and I will raise him on the last day.**

For my flesh is true food, and my blood is true drink.

**Whoever eats my flesh and drinks my blood
remains in me and I in him.**

**Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me will have life
because of me.**

This is the bread that came down from heaven.

**Unlike your ancestors who ate and still died,
whoever eats this bread will live forever.”**

The Gospel of the Lord