

Collect: Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Exodus 16.2–4, 9–15

² The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³ The Israelites said to them, 'If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' ⁴ Then the LORD said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.'

⁹ Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining."'¹⁰ And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. ¹¹ The LORD spoke to Moses and said, ¹² 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'" ¹³ In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴ When the layer of dew lifted, there on the surface of the

wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵ When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the LORD has given you to eat.'

John 6.24–35

²⁴ When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, they themselves got into the boats and went to Capernaum looking for Jesus. ²⁵ When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' ²⁶ Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷ Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' ²⁸ Then they said to him, 'What must we do to perform the works of God?' ²⁹ Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' ³⁰ So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing?' ³¹ Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."³² Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³ For the bread of God is that which comes down from heaven and gives life to the world.' ³⁴ They said to him, 'Sir, give us this bread always.' ³⁵ Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

Bread of Life, you feed us
through word and sacrament.
The bread we share
a remembrance
of your presence with us.
Strengthen us for service,
that seeds we sow
in fertile places
might grow and flourish,
that food we share
in fellowship
might nourish and revive,
that words we share
in our daily walk
might glorify your name.
Bread of Life, you feed us
through word and sacrament
that we might feed others.
Blessed be your name

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Post Communion: God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord.