

COLLECT

Almighty Lord and everlasting God,
 we beseech you to direct, sanctify
 and govern both our hearts and
 bodies
 in the ways of your laws and the
 works of your commandments;
 that through your most mighty
 protection, both here and ever,
 we may be preserved in body and
 soul;
 through our Lord and Saviour Jesus
 Christ,
 who is alive and reigns with you,
 in the unity of the Holy Spirit,
 one God, now and for ever.

FIRST READING 2 Kings 4:42-end

A reading from the second book of Kings.

A man came bringing food from the first fruits to Elisha, the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says the LORD, 'They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of the LORD.

PSALM Psalm 145:10-19

R Great is the Lord and highly to be praised.

All your works praise you, O Lord,
 and your faithful servants bless you.
 They tell of the glory of your kingdom
 and speak of your mighty power,
 To make known to all peoples your
 mighty acts
 and the glorious splendour of your
 kingdom. **R**

Your kingdom is an everlasting
 kingdom;
 your dominion endures throughout all
 ages.
 The Lord is sure in all his words
 and faithful in all his deeds.
 The Lord upholds all those who fall
 and lifts up all those who are bowed
 down. **R**

The eyes of all wait upon you, O Lord,
 and you give them their food in due
 season.

You open wide your hand
 and fill all things living with plenty. **R**

The Lord is righteous in all his ways
 and loving in all his works.

The Lord is near to those who call upon
 him,
 to all who call upon him faithfully. **R**

SECOND READING

Ephesians 3:14-end

A reading from the letter of Paul to the Ephesians.

I bow my knees before the Father,
 from whom every family in heaven and
 on earth takes its name. I pray that,
 according to the riches of his glory, he
 may grant that you may be strengthened
 in your inner being with power through
 his Spirit, and that Christ may dwell in
 your hearts through faith, as you are being
 rooted and grounded in love. I pray that
 you may have the power to comprehend,
 with all the saints, what is the breadth
 and length and height and depth, and
 to know the love of Christ that surpasses
 knowledge, so that you may be filled with
 all the fullness of God. Now to him who
 by the power at work within us is able to
 accomplish abundantly far more than all
 we can ask or imagine, to him be glory
 in the church and in Christ Jesus to all
 generations, for ever and ever. Amen.

GOSPEL John 6:1-21

Hear the gospel of our Lord Jesus Christ according to John.

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for

each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to Jesus, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.

POST COMMUNION

Strengthen for service, Lord,
 the hands that have taken holy things;
 may the ears which have heard your
 word be deaf to clamour and dispute;
 may the tongues which have sung your
 praise be free from deceit;
 may the eyes which have seen the
 tokens of your love shine with the
 light of hope;
 and may the bodies which have been
 fed with your body be refreshed with
 the fullness of your life;
 glory to you for ever.

