Old Testament Reading: Exodus 16:2–15

2[T]he whole congregation of the people of
Israel grumbled against Moses and Aaron in the
wilderness, 3and the people of Israel said to them,
"Would that we had died by the hand of the LORD
in the land of Egypt, when we sat by the meat pots
and ate bread to the full, for you have brought us
out into this wilderness to kill this whole assembly
with hunger."

4Then the LORD said to Moses, "Behold, I am
about to rain bread from heaven for you, and the
people shall go out and gather a day's portion every
day, that I may test them, whether they will walk
in my law or not. 5On the sixth day, when they
prepare what they bring in, it will be twice as much
as they gather daily." 6So Moses and Aaron said to
all the people of Israel, "At evening you shall know
that it was the LORD who brought you out of the
land of Egypt, 7and in the morning you shall see
the glory of the LORD, because he has heard your
grumbling against the LORD. For what are we, that
you grumble against us?" 8And Moses said, "When
the LORD gives you in the evening meat to eat and
in the morning bread to the full, because the LORD
has heard your grumbling that you grumble against
him—what are we? Your grumbling is not against us
but against the LORD."

9Then Moses said to Aaron, "Say to the whole
congregation of the people of Israel, 'Come near
before the LORD, for he has heard your grum-
bling.'" 10And as soon as Aaron spoke to the whole
congregation of the people of Israel, they looked
toward the wilderness, and behold, the glory of the
LORD appeared in the cloud. 11And the LORD said to
Moses, 12"I have heard the grumbling of the people
of Israel. Say to them, 'At twilight you shall eat
meat, and in the morning you shall be filled with
bread. Then you shall know that I am the LORD your
God.'"

13In the evening quail came up and covered the
camp, and in the morning dew lay around the camp.
14And when the dew had gone up, there was on the
face of the wilderness a fine, flake-like thing, fine as
frost on the ground. 15When the people of Israel saw
it, they said to one another, "What is it?" For they
did not know what it was. And Moses said to them,
"It is the bread that the LORD has given you to eat."

Epistle: Ephesians 4:1–16

1I therefore, a prisoner for the Lord, urge you to
walk in a manner worthy of the calling to which you
have been called, 2with all humility and gentleness,
with patience, bearing with one another in love,
3eager to maintain the unity of the Spirit in the bond
of peace. 4There is one body and one Spirit—just
as you were called to the one hope that belongs to
your call—5one Lord, one faith, one baptism, 6one
God and Father of all, who is over all and through
all and in all. 7But grace was given to each one of us
according to the measure of Christ's gift. 8Therefore
it says,

"When he ascended on high he led a host of
captives,
and he gave gifts to men."

9(In saying, "He ascended," what does it mean but
that he had also descended into the lower parts of
the earth? 10He who descended is the one who also
ascended far above all the heavens, that he might fill
all things.) 11And he gave the apostles, the prophets,
the evangelists, the pastors and teachers, 12to equip
the saints for the work of ministry, for building up
the body of Christ, 13until we all attain to the unity
of the faith and of the knowledge of the Son of God,
to mature manhood, to the measure of the stature of
the fullness of Christ, 14so that we may no longer be
children, tossed to and fro by the waves and carried
about by every wind of doctrine, by human cunning,
by craftiness in deceitful schemes. 15Rather, speaking
the truth in love, we are to grow up in every way into
him who is the head, into Christ, 16from whom the
whole body, joined and held together by every joint
with which it is equipped, when each part is working
properly, makes the body grow so that it builds itself
up in love.

Holy Gospel: John 6:22–35

22On the next day the crowd that remained on the
other side of the sea saw that there had been only one
boat there, and that Jesus had not entered the boat
with his disciples, but that his disciples had gone away
alone. 23Other boats from Tiberias came near the
place where they had eaten the bread after the Lord
had given thanks. 24So when the crowd saw that Jesus
was not there, nor his disciples, they themselves got
into the boats and went to Capernaum, seeking Jesus.

25When they found him on the other side of the sea,
they said to him, "Rabbi, when did you come here?"
26Jesus answered them, "Truly, truly, I say to you,
you are seeking me, not because you saw signs, but
because you ate your fill of the loaves. 27Do not labor
for the food that perishes, but for the food that endures
to eternal life, which the Son of Man will give to you.
For on him God the Father has set his seal." 28Then
they said to him, "What must we do, to be doing the
works of God?" 29Jesus answered them, "This is the
work of God, that you believe in him whom he has
sent." 30So they said to him, "Then what sign do you
do, that we may see and believe you? What work
do you perform? 31Our fathers ate the manna in the
wilderness; as it is written, 'He gave them bread from
heaven to eat.'" 32Jesus then said to them, "Truly,
truly, I say to you, it was not Moses who gave you the
bread from heaven, but my Father gives you the true
bread from heaven. 33For the bread of God is he who
comes down from heaven and gives life to the world."
34They said to him, "Sir, give us this bread always."

35Jesus said to them, "I am the bread of life;
whoever comes to me shall not hunger, and whoever
believes in me shall never thirst."