

Nineteenth Sunday in Ordinary Time (Cycle B)

First Reading: 1 Kings 19:4-8

The prophet Elijah lived about 800 years before Christ. Because he was loyal to God, he fell into disfavor with King Ahab and Queen Jezebel. He had to flee for his life to Mount Horeb (also known as Mount Sinai). Today's passage takes place as he begins his flight.

Second Reading: Ephesians 4:30-5:2

As in the past four Sundays, our second Scripture reading is from the letter to the Ephesians. This part of the letter contains advice for Christian living. The author says that actions which cause division in a community are simply unacceptable. In today's reading, the author sees mutual forgiveness as essential for any group that calls itself Christian. There is an echo here of part of the Lord's prayer.

Twentieth Sunday in Ordinary Time (Cycle B)

First Reading: Proverbs 9:1-6

The book of Proverbs is a collection of wise sayings, compiled over a number of centuries. Here, the author personifies Wisdom as a woman. She offers guidance on how to live a life pleasing to God. This is symbolized as a banquet at which she serves fine food.

Second Reading: Ephesians 5:15-20

Today's passage from the letter to the Ephesians continues reflections on how to live as a Christian in everyday life. In the world in which the author lived, two things particularly kept people from living a dignified life: ignorance and addiction to alcohol. The first-century author sets forth high expectations for Christians.

