

## **John 6: 51-58**

### **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**