

Sunday, August 11, 2024
Nineteenth Sunday of Ordinary Time

Prayer for the Morning

In Christ is our strength: let us give thanks and praise! **Glory to the Father...Amen. Alleluia**

Hymn **Meter: CM**

Jesus, in death you shed your Blood
That each of us might live;
Now as our living Bread from heav'n
Your loving self you give.
Jesus, you give your very all,
True Bread from heav'n above;
You are the giver and the gift,
The sign, the source, of love.
How can we thank you, loving Lord,
Who show yourself so kind?
Take what we have, take all we are,
Our heart, our strength, our mind.

Psalm **84:2-3, 5-8, 13**

Elijah got up, ate and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb. (cf. 1 Kgs 19:8)

The true food and drink which Christ gives us in himself leads us out of the deserts where weakness saps our will and gives us the strength to pursue the road to eternal life on the mountain of God, the heavenly Jerusalem.

How lovely is your dwelling place,
Lord, God of hosts.
My soul is longing and yearning,
is yearning for the courts of the Lord.
My heart and my soul ring out their joy
to God, the living God.
They are happy, who dwell in your house,
for ever singing your praise.
They are happy, whose strength is in you,
in whose hearts are the roads to Zion.
As they go through the Bitter Valley
they make it a place of springs,
the autumn rain covers it with blessings.
They walk with ever growing strength,
they will see the God of gods in Zion.

Lord, God of hosts, happy the man who trusts in you!

Glory to the Father...

Word of God **Isaiah 30:19-21**

O people of Zion, who dwell in Jerusalem,/ no more will you weep;/ He will be gracious to you when you cry out,/ as soon as he hears he will answer you./ The Lord will give you the bread you need/ and the water for which you thirst./ No longer will your Teacher hide himself,/ but with your own eyes you shall see your Teacher,/ While from behind, a voice shall sound in your ears:/ "This is the way; walk in it,"/ when you would turn to the right or to the left.

In your mercy you led the people you redeemed;/in your strength you guided them to your holy dwelling./ (Ex 15:13)

Canticle of Zechariah

Then the Lord said to Moses, "I will now rain down bread from heaven for you." (Ex 16:4)

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

Intercessions

With confidence, we pray:

R/Our strength and our courage is the Lord!
Come and save your people.

When we are desolate and afraid: **R/**

When we lose the courage to follow in Christ's
footsteps: **R/**

When our hope in God's promises wavers: **R/**
Personal intentions

Our Father....

God of mercy and compassion, you sent food to strengthen the prophet Elijah for the journey to the place where he would meet you. You sent bread to strengthen your people in the desert for the journey to the promised land. You send us in Christ the Bread of Life to strengthen us for our journey on the road of discipleship. Sustain us in courage, faith, and hope, that we may one day see you face to face, through the same Christ our Lord. Amen.

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Reading 1 **1 Kings 19:4-8**

Elijah went a day's journey into the desert, until he came to a broom tree and sat beneath it. He prayed for death, saying: "This is enough, O Lord! Take my life, for I am no better than my fathers." He lay down and fell asleep under the broom tree, but then an angel touched him and ordered him to get up and eat. Elijah looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again, but the angel of the Lord came back a second time, touched him, and ordered, "Get up and eat, else the journey will be too long for you!" He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

Reading 2 **Ephesians 4:30-5:2**

Brothers and sisters: Do not grieve the Holy Spirit of God, with which you were sealed for the day of -redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another,

compassionate, forgiving one another as God has forgiven you in Christ.

So be imitators of God, as beloved children, and live in love, as Christ loved us and handed himself over for us as a sacrificial offering to God for a fragrant aroma.

Gospel **John 6:41-51**

The Jews murmured about Jesus because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets:

They shall all be taught by God.

Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. 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."

Men of St. Joseph Prayer

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

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