

Introduction

Apparently not satisfied by Jesus' feeding of thousands, some who were there press him for a sign of his power; perhaps it is daily manna they want. As always in John's gospel when people want a sign, Jesus offers himself. He is the bread come from heaven to give life to the world. He calls us to come to him and believe in him, and through that relationship to know the one who sent him.

Prayer of the Day

O God, eternal goodness, immeasurable love, you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes only from you, through Jesus Christ, our Saviour and Lord. **Amen.**

First Reading: 2 Samuel 11:26--12:13a

God sends the prophet Nathan to rebuke King David for his abuse of power in taking Bathsheba and killing her husband, Uriah. Confronted with his sin, David repents. This sin, however, marks the beginning of troubled times in David's family.

²⁶When the wife of Uriah heard that her husband was dead, she made lamentation for him.

²⁷When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son.

But the thing that David had done displeased the LORD, ^{12:1}and the LORD sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. ²The rich man had very many flocks and herds; ³but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meager fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. ⁴Now there came a traveler to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him."

⁵Then David's anger was greatly kindled against the man. He said to Nathan, "As the LORD lives, the man who has done this deserves to die; ⁶he shall restore the lamb fourfold, because he did this thing, and because he had no pity."

⁷Nathan said to David, "You are the man! Thus says the LORD, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; ⁸I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. ⁹Why have you despised the word of the LORD, to do what is evil in his sight? You have struck down

Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. ¹⁰Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. ¹¹Thus says the LORD: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbor, and he shall lie with your wives in the sight of this very sun. ¹²For you did it secretly; but I will do this thing before all Israel, and before the sun.” ^{13a}David said to Nathan, “I have sinned against the LORD.”

Psalm 51:1-12

¹Have mercy on me, O God, according to your | steadfast love;
in your great compassion blot out | my offenses.

²**Wash me through and through | from my wickedness,
and cleanse me | from my sin.**

³For I know | my offenses,
and my sin is ev- | er before me.

⁴**Against you only have I sinned and done what is evil | in your sight;
so you are justified when you speak and right | in your judgment.**

⁵Indeed, I was born | steeped in wickedness,
a sinner from my | mother’s womb.

⁶**Indeed, you delight in truth | deep within me,
and would have me know wisdom | deep within.**

⁷Remove my sins with hyssop, and I | shall be clean;
wash me, and I shall be pur- | er than snow.

⁸**Let me hear | joy and gladness;
that the body you have broken | may rejoice.**

⁹Hide your face | from my sins,
and blot out | all my wickedness.

¹⁰**Create in me a clean | heart, O God,
and renew a right spir- | it within me.**

¹¹Cast me not away | from your presence,
and take not your Holy Spir- | it from me.

¹²**Restore to me the joy of | your salvation
and sustain me with your boun- | tiful Spirit.**

Second Reading: Ephesians 4:1-16

Christians share fundamental unity and diversity. Our unity consists in the one body, one Spirit, one Lord, one faith, one baptism, and one God. Our diversity is expressed in various forms of ministry whose goal is equipping the saints and building up Christ's one body.

¹I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort 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 of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

⁷But each of us was given grace according to the measure of Christ's gift. ⁸Therefore it is said,

“When he ascended on high he made captivity itself a captive;
he gave gifts to his people.”

⁹(When it says, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. ¹⁴We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Gospel Reading: John 6:24-35

Many of the five thousand people Jesus fed in the wilderness continued to follow him throughout the countryside. Jesus challenges them to consider the real nature of their quest.

²⁴When the crowd saw that neither Jesus nor his disciples were [beside the sea,] they themselves got into the boats and went to Capernaum looking for 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, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” ²⁸Then they said to him, “What must we do to perform 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, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing? ³¹Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” ³²Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³For the bread of God is that which 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 will never be hungry, and whoever believes in me will never be thirsty.”

Prayers of Intercession

Rooted in Christ and sustained by the Spirit, we offer our prayers for the church, the world, and all of creation, saying “Hear us, O God,” and responding, “Your mercy is great.”

A brief silence.

You call your church to be the body of Christ. Awaken all the baptized to the gifts you provide for carrying out the work of ministry. Where the church is divided, knit us together and restore the unity of the faith. Hear us, O God. Your mercy is great.

You command the clouds above and cause the wind to blow in the heavens. Watch over deserts and wilderness places. Regenerate rainforests, defend species at risk of extinction, and strengthen the work of conservation organizations. Hear us, O God. Your mercy is great.

You summon leaders to respond to the needs of your people. Instill those who govern with patience when confronted with grievances and perseverance in seeking what promotes the well-being of the community. Hear us, O God. Your mercy is great.

You draw near to those who cry out for help. Feed those who are hungry, reassure those who are despairing, and accompany those who are imprisoned. Rain down the true bread from heaven that gives life to the world. Hear us, O God. Your mercy is great.

You receive all who come seeking a sign of grace. Make this congregation a place of hospitality for those accustomed to rejection. To those who have felt excluded here or elsewhere, prepare us to welcome them in the name of Christ. Hear us, O God. Your mercy is great.

You provide food that endures for eternal life. Sustain us each day with the bread of life until we are gathered with all the saints and feast together at your heavenly banquet. Hear us, O God. Your mercy is great.

We lift these and all our prayers to you, O God, confident in the promise of your saving love; through Jesus Christ our Lord.

Amen.

A reflection for the Tenth Sunday after Pentecost...

From Rumbling Tummies to Living Bread

Today's texts move us from rumbling tummies and flaring tempers to a refocusing on the blessings poured out and the primary benefactor. We see the gifts of God, which come in a variety of ways: physical nourishment, roles and talents lifted up in community, new life given now and into the ages of ages. We find that the gifts are responses to various actions—complaining, building for the future, longing for signs of promise and hope. Yet each of these actions and the gifts mean little if we are not able to see the one who is the giver and to recognize that the gifts are not merely about what we can do to get them or what signs are needed to prove them; rather, it is about trust in God, who is the source of life and living—the one who provides the true bread from heaven. Our role in this story is to tell the history of God's giving, similar to the psalmist. It is to open our eyes to the way the bread of heaven is sustaining us today, physically and spiritually. And as a community living in God's promise, we look to the one God sends to us as *the* bread of life. In many early Hebrew and Greek writings, the stomach was a driving force and a place where hope and faith were lodged. The readings point us to see how a longing for food opens a greater dwelling place for the gifts of faith and promise. From our physical depths we are called to experience a greater spiritual reality.

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