

Old Testament: 2 Samuel 11:26-12:13a

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, ¹and the Lord sent Nathan to David. He came to him, and said to him, ‘There were two men in a certain city, 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 meagre fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. ⁴Now there came a traveller 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 neighbour, 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.’ ¹³David said to Nathan, ‘I have sinned against the Lord.’

Psalm 51:1-13

¹Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.

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

³For I know my transgressions, *
and my sin is ever before me.

⁴Against you only have I sinned *
and done what is evil in your sight.

⁵And so you are justified when you speak *
and upright in your judgment.

⁶Indeed, I have been wicked from my birth, *
a sinner from my mother’s womb.

⁷ For behold, you look for truth deep within me, *
 and will make me understand wisdom secretly.
⁸ Purge me from my sin, and I shall be pure; *
 wash me, and I shall be clean indeed.
⁹ Make me hear of joy and gladness, *
 that the body you have broken may rejoice.
¹⁰ Hide your face from my sins *
 and blot out all my iniquities.
¹¹ Create in me a clean heart, O God, *
 and renew a right spirit within me.
¹² Cast me not away from your presence *
 and take not your holy Spirit from me.
¹³ Give me the joy of your saving help again *
 and sustain me with your bountiful Spirit.

Epistle: Ephesians 4:1-16

¹ I 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.

⁷ But 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 knitted 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: John 6:24-35

²⁴So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

²⁵ When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' ²⁶ Jesus 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. ²⁷ Do 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.' ²⁸ Then they said to him, 'What must we do to perform the works of God?' ²⁹ Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' ³⁰ So 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?' ³¹ Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ³² Then 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. ³³ For the bread of God is that which comes down from heaven and gives life to the world.' ³⁴ They said to him, 'Sir, give us this bread always.'

³⁵ Jesus 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.'