# **19th Sunday in Ordinary Time – Year B**

### Entrance Antiphon.

Look to your covenant, O Lord, and forget not the life of your poor ones forever.

Arise, O God, and defend your cause, and forget not the cries of those who seek you.

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**C.** The Lord be with you

**All. And with your Spirit**

**All: I confess to almighty God**

**And you my brothers and sisters,**

**That I have greatly sinned,**

**In my thoughts and in my words,**

**In what I have done and in what I have failed to do,**

**through my fault, through my fault,**

**through my most grievous fault;**

**therefore, I ask blessed Mary ever-virgin,**

**all the Angels and Saints,**

**and you my brothers and sisters,**

**to pray for me to the Lord our God.**

**C:** Lord, have mercy. **All:** **Lord, have mercy.**

**C:** Christ have mercy**. All:** **Christ have mercy.**

**C:** Lord, have mercy. **All:** **Lord, have mercy.**

**All: Glory to God in the highest**

**And on earth peace to people of goodwill.**

**We praise you,**

**We bless you,**

**We adore you; we glorify you; we give you thanks for your great glory,**

**Lord God, heavenly King,**

**O God, almighty Father.**

**Lord Jesus Christ, Only Begotten Son,**

**Lord God, Lamb of God, Son of the father,**

**You take away the sins of the world, have mercy on us;**

**You take away the sins of the world, receive our prayer;**

**You are seated at the right hand of the Father,**

**Have mercy on us.**

**For you alone are the Holy One,**

**You alone are the Lord,**

**You alone are the Most High**

**Jesus Christ,**

**With the Holy Spirit,**

**In the glory of God the Father.**

**Amen**

**C:** Let us pray.

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

Elijah went into the wilderness, a day’s journey, and sitting under a furze bush wished he were dead. ‘O Lord,’ he said ‘I have had enough. Take my life; I am no better than my ancestors.’ Then he lay down and went to sleep. But an angel touched him and said, ‘Get up and eat.’ He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, ‘Get up and eat, or the journey will be too long for you.’ So he got up and ate and drank and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The word of the Lord.

**Psalm: 33(34):2-9**

**Response: *Taste and see that the Lord is good.***

I will bless the Lord at all times,

his praise always on my lips;

in the Lord my soul shall make its boast.

The humble shall hear and be glad. ***R#***

Glorify the Lord with me.

Together let us praise his name.

I sought the Lord and he answered me;

from all my terrors he set me free. ***R#***

Look towards him and be radiant;

let your faces not be abashed.

This poor man called, the Lord heard him

and rescued him from all his distress. ***R#***

The angel of the Lord is encamped

around those who revere him, to rescue them.

Taste and see that the Lord is good.

He is happy who seeks refuge in him. ***R#***

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

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ. Try, then, to imitate God as children of his that he loves and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The word of the Lord

**Alleluia, alleluia!**

If anyone loves me he will keep my word, and my Father will love him,

and we shall come to him.

**Alleluia!**

**Priest:** The Lord be with you

**All: And with your Spirit.**

**Priest:** A reading from the Holy Gospel according to ….

**All: Glory to you, O Lord.**

**Gospel John 6:41-51**

The Jews were complaining to each other about Jesus, because he had said, ‘I am the bread that came down from heaven.’ ‘Surely this is Jesus son of Joseph’ they said. ‘We know his father and mother. How can he now say, “I have come down from heaven”?’ Jesus said in reply, ‘Stop complaining to each other.

‘No one can come to me

unless he is drawn by the Father who sent me,

and I will raise him up at the last day.

It is written in the prophets:

They will all be taught by God,

and to hear the teaching of the Father,

and learn from it,

is to come to me.

Not that anybody has seen the Father,

except the one who comes from God:

he has seen the Father.

I tell you most solemnly,

everybody who believes has eternal life.

‘I am the bread of life.

Your fathers ate the manna in the desert

and they are dead;

but this is the bread that comes down from heaven,

so that a man may eat it and not die.

I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give is my flesh,

for the life of the world.’

**Priest:** The Gospel of the Lord

**All: Praise to you, Lord Jesus Christ.**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (all bow) and by the Holy Spirit was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

**Liturgy of the Eucharist:**

C: Pray, brethren….

**All: May the Lord accept the sacrifice at your hands**

**for the praise and glory of his name**

**for our good and the good of all his holy Church.**

**C**: The Lord be with you **All:** **and with your Spirit**

**C**: Lift up your hearts. **All: We lift them up to the Lord.**

**C:** Let us give thanks to the Lord our God. **All: it is right and just.**

**All: Holy, Holy, Holy, Lord God of hosts**

**Heaven and earth are full of your glory**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

**Lord’s Prayer: Our** **Father**…

**C:** ……. And the coming of our Saviour, Jesus Christ.

**All:** **For the kingdom, the power and the glory are yours now and for ever.**

**All: Lamb of God, you take away the sins of the world, have mercy on us.**

**Lamb of God, you take away the sins of the world, have mercy on us.**

**Lamb of God, you take away the sins of the world, grant us peace.**

**C:** Behold the Lamb of God…….

**All: Lord, I am not worthy**

**that you should enter under my roof,**

**but only say the word**

**and my soul shall be healed.**

**Communion Antiphon:**

O Jerusalem, glorify the Lord, who gives you your fill **Ps. 147:12,14.**

of finest wheat.

 **OR**

The bread that I will give, says the Lord, **Jn.6:51**

is my flesh for the life of the world.

**C:** Let us Pray……….

**C:** The Lord be with you

**All: And with your Spirit.**

C:May Almighty God bless you,

The Father, and the Son, and the Holy Spirit.

**All: Amen**

**Priest:** Go in peace, glorifying the Lord by your life.

**All: Thanks be to God.**