

Sunday Text Study Notes

Sunday, Aug. 8, 2021

11th Sunday after Pentecost

Introduction

Jesus says that the bread he gives for the life of the world is his flesh, and whoever eats this bread has eternal life now and will be raised on the last day. In Ephesians Paul tells us what this life Jesus gives us looks like, this life we live as those marked with the seal of the Holy Spirit in baptism. We live in love, as Christ loved us and gave himself up for us. The whole purpose of life is giving yourself for the other.

Prayer of the Day

Gracious God, your blessed Son came down from heaven to be the true bread that gives life to the world. Give us this bread always, that he may live in us and we in him, and that, strengthened by this food, we may live as his body in the world, through Jesus Christ, our Savior and Lord.

Amen.

Readings and Psalm

[1 Kings 19:4-8](#)

Elijah given bread for his journey

[Psalm 34:1-8](#)

Taste and see that the LORD is good. (Ps. 34:8)

[Ephesians 4:25--5:2](#)

Put away evil, live in love

[John 6:35, 41-51](#)

Christ, the bread of life

First Reading: 1 Kings 19:4-8

First Kings chapter 18 describes the contest between Elijah and the prophets of Baal. The contest proves that the LORD is God, and afterward Elijah orders the killing of the Baal prophets. Angered by the deaths of her prophets, Queen Jezebel threatens to kill Elijah. This reading finds Elijah fleeing, fatigued, and in utter despair.

⁴[Elijah] went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors."⁵Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat."⁶He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. ⁷The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you."⁸He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

Psalm: Psalm 34:1-8

Taste and see that the LORD is good. (Ps. 34:8)

¹I will bless the LORD¹ at all times;
the praise of God shall ever be ¹ in my mouth.

²**I will glory ¹ in the LORD;**
let the lowly hear ¹ and rejoice.

³Proclaim with me the greatness ^l of the LORD;
let us exalt God's ^l name together.

⁴**I sought the LORD, who ^l answered me
and delivered me from ^l all my terrors. R**

⁵Look upon the LORD^l and be radiant,
and let not your faces ^l be ashamed.

⁶**I called in my affliction, and ^l the LORD heard me
and saved me from ^l all my troubles.**

⁷The angel of the LORD encamps around those who ^l fear the LORD
and de- ^l livers them.

⁸**Taste and see that the ^l LORD is good;
happy are they who take ref- ^l uge in God! R**

Second Reading: Ephesians 4:25—5:2

Christians are called to be imitators of God. This does not mean Christians are perfect. Rather, the Spirit is at work in our lives so that our actions and attitudes genuinely reflect the love and forgiveness we have received through Christ and his death.

²⁵So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. ²⁶Be angry but do not sin; do not let the sun go down on your anger, ²⁷and do not make room for the devil. ²⁸Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. ²⁹Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. ³⁰And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³²and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. ^{5:1}Therefore be imitators of God, as beloved

children, ²and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Gospel: John 6:35, 41-51

After feeding more than five thousand people in the wilderness, Jesus teaches them regarding the true significance of this remarkable sign.

³⁵Jesus said to [the crowd,] “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. ⁴¹Then the Jews began to complain about him because he said, “I am the bread that came down from heaven.” ⁴²They were saying, “Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I have come down from heaven?’” ⁴³Jesus answered them, “Do not complain among yourselves. ⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵It is written in the prophets, ‘And they shall all be taught by God.’ Everyone who has heard and learned from the Father comes to me. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”