

Sunday Readings Reflections

8/1/2021

First Reading — The people of Israel receive bread from heaven in response to their grumbling (Exodus 16:2-4, 12-15).

Psalm — The Lord gave them bread from heaven (Psalm 78).

Second Reading — Put on the new self that has been created in God's way (Ephesians 4:17, 20-24).

Gospel — I am the bread of life; whoever comes to me will never hunger (John 6:24-35).

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