

# Twelfth Sunday After Pentecost

**11 August 2024**

## **Collect**

Grant, O Lord,  
that we may see in you the fulfilment of all our need,  
and may turn from every false satisfaction  
to feed on the true and living bread  
that you have given us in Jesus Christ;  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. Amen.

## **1st Reading**

### **2 Samuel 18.5-9, 18.14, 18.31-33**

<sup>5</sup> The king gave orders to Joab and Abishai and Ittai, saying, 'Deal gently for my sake with the young man Absalom.' And all the people heard when the king gave orders to all the commanders concerning Absalom. <sup>6</sup> So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. <sup>7</sup> The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. <sup>8</sup> The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. <sup>9</sup> Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. <sup>14</sup> Joab said, 'I will not waste time like this with you.' He took three spears in his hand, and thrust them into the heart of Absalom, while he was still alive in the oak. <sup>31</sup> Then the Cushite came; and the Cushite said, 'Good tidings for my lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you.'

<sup>32</sup> The king said to the Cushite, 'Is it well with the young man Absalom?' The Cushite answered, 'May the enemies of my lord the king, and all who rise up to do you harm, be like that young man.'

<sup>33</sup> The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, 'O my son Absalom, my son, my son Absalom! Would that I had died instead of you, O Absalom, my son, my son!'

## **Psalm**

### **Psalm 130**

- <sup>1</sup> Out of the depths have I called to you, O Lord:  
    Lord, hear my voice;
- <sup>2</sup> O let your ears consider well:  
    the voice of my supplication.
- <sup>3</sup> If you, Lord, should note what we do wrong:  
    who then, O Lord, could stand?
- <sup>4</sup> But there is forgiveness with you:  
    so that you shall be feared.
- <sup>5</sup> I wait for the Lord, my soul waits for him:  
    and in his word is my hope.
- <sup>6</sup> My soul looks for the Lord:  
    more than watchmen for the morning,  
    more, I say, than watchmen for the morning.
- <sup>7</sup> O Israel, trust in the Lord, for with the Lord there is mercy:  
    and with him is ample redemption.
- <sup>8</sup> He will redeem Israel:  
    from the multitude of their sins.

## **2nd Reading**

### **Ephesians 4**

- 1** As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.
- 2** Be completely humble and gentle; be patient, bearing with one another in love.
- 3** Make every effort to keep the unity of the Spirit through the bond of peace.
- 4** There is one body and one Spirit, just as you were called to one hope when you were called;

**5** one Lord, one faith, one baptism;

**6** one God and Father of all, who is over all and through all and in all.

**7** But to each one of us grace has been given as Christ apportioned it.

**8** This is why it says: "When he ascended on high, he took many captives and gave gifts to his people."

**9** (What does "he ascended" mean except that he also descended to the lower, earthly regions ?

**10** He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)

**11** So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers,

**12** to equip his people for works of service, so that the body of Christ may be built up

**13** until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

**14** Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.

**15** Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

**16** From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

**17** So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.

**18** They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.

**19** Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

**20** That, however, is not the way of life you learned

**21** when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.

**22** You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

**23** to be made new in the attitude of your minds;

**24** and to put on the new self, created to be like God in true righteousness and holiness.

**25** Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

**26** "In your anger do not sin" : Do not let the sun go down while you are still angry,

**27** and do not give the devil a foothold.

**28** Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

**29** Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

**30** And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

**31** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

**32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

## **Gospel**

### **John 6.35; 6.41-51**

<sup>35</sup> 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. <sup>41</sup> Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' <sup>42</sup> They 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"?' <sup>43</sup> Jesus answered them, 'Do not complain among yourselves. <sup>44</sup> No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. <sup>45</sup> It 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. <sup>46</sup> Not that anyone has seen the Father except the one who is from

God; he has seen the Father. <sup>47</sup> Very truly, I tell you, whoever believes has eternal life. <sup>48</sup> I am the bread of life. <sup>49</sup> Your ancestors ate the manna in the wilderness, and they died. <sup>50</sup> This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup> I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'