

Psalm 34:15-22

The eyes of the LORD are on the righteous, and his ears are open to their cry.

The face of the LORD is against evildoers, to cut off the remembrance of them from the earth.

When the righteous cry for help, the LORD hears, and rescues them from all their troubles.

The LORD is near to the brokenhearted, and saves the crushed in spirit.

Many are the afflictions of the righteous, but the LORD rescues them from them all.

He keeps all their bones; not one of them will be broken.

Evil brings death to the wicked, and those who hate the righteous will be condemned.

The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.

John 6:56-69

Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever." He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is

useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."