

## Second Reading - Ephesians 6:10-20

**10** Finally, be strong in the Lord and in his mighty power. **11** Put on the full armour of God, so that you can take your stand against the devil's schemes. **12** For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. **13** Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. **14** Stand firm then, with the belt of truth buckled round your waist, with the breastplate of righteousness in place, **15** and with your feet fitted with the readiness that comes from the gospel of peace. **16** In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. **17** Take the helmet of salvation and the sword of the Spirit, which is the word of God.

**18** And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. **19** Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, **20** for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

## Gospel – John 6:56-69

**56** Whoever eats my flesh and drinks my blood remains in me, and I in them. **57** Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. **58** This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live for ever.' **59** He said this while teaching in the synagogue in Capernaum.

**60** On hearing it, many of his disciples said, 'This is a hard teaching. Who can accept it?'

**61** Aware that his disciples were grumbling about this, Jesus said to them, 'Does this offend you? **62** Then what if you see the Son of Man ascend to where he was before! **63** The Spirit gives life; the flesh counts for nothing. The words I have spoken to you – they are full of the Spirit<sup>[a]</sup> and life. **64** Yet there are some of you who do not believe.' For Jesus had known from the beginning which of them did not believe and who would betray him. **65** He went on to say, 'This is why I told you that no one can come to me unless the Father has enabled them.'

**66** From this time many of his disciples turned back and no longer followed him.

**67** 'You do not want to leave too, do you?' Jesus asked the Twelve.

**68** Simon Peter answered him, 'Lord, to whom shall we go? You have the words of eternal life. **69** We have come to believe and to know that you are the Holy One of God.'