

## Gospel - John 6:56-69

<sup>56</sup>Whoever eats my flesh and drinks my blood remains in me, and I in them. <sup>57</sup>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. <sup>58</sup>This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever." <sup>59</sup>He said this while teaching in the synagogue in Capernaum.

### Many Disciples Desert Jesus

<sup>60</sup>On hearing it, many of his disciples said, "This is a hard teaching. Who can accept it?"

<sup>61</sup>Aware that his disciples were grumbling about this, Jesus said to them, "Does this offend you? <sup>62</sup>Then what if you see the Son of Man ascend to where he was before! <sup>63</sup>The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life. <sup>64</sup>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. <sup>65</sup>He went on to say, "This is why I told you that no one can come to me unless the Father has enabled them."

<sup>66</sup>From this time many of his disciples turned back and no longer followed him.

<sup>67</sup>"You do not want to leave too, do you?" Jesus asked the Twelve.

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