

**SUNDAY, August 1, 2021**  
**Eighteenth Sunday in Ordinary Time**  
**Prayer for the Morning**

Our God is righteous. Let us praise him with upright lives.

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen. Alleluia!

**Hymn** **Meter: CM**

Awake, O sleeper, rise from death,  
And Christ shall give you light,  
So learn his love—its length and breadth,  
Its fullness, depth, and height.  
To us on earth he came to bring  
From sin and fear release,  
To give the Spirit's unity,  
The very bond of peace.  
For us Christ lived, for us he died  
And conquered in the strife,  
Awake, arise, go forth in faith,  
And Christ shall give you life.

**Psalm** **118:19-29**

*Beloved, let us cleanse ourselves from every defilement of flesh and spirit, making holiness perfect in the fear of God. (2 Cor 7:1)*

*Repentance is not a one-time event. It is a continual process as we grow in holiness and seek to imitate Christ. A great aid to this conversion process is the daily examination of conscience and the regular practice of confession. These two things will make us much better prepared to receive all the graces that God wants to give us.*

Open to me the gates of holiness:

I will enter and give thanks.

This is the Lord's own gate

where the just may enter.

I will thank you for you have answered  
and you are my savior.

The stone which the builders rejected  
has become the cornerstone.

This is the work of the Lord,  
a marvel in our eyes.

This day was made by the Lord;  
we rejoice and are glad.

O Lord, grant us salvation;

O Lord, grant success.

Blessed in the name of the Lord  
is he who comes.

We bless you from the house of the Lord;  
the Lord God is our light.

Go forward in procession with branches  
even to the altar.

You are my God, I thank you.

My God, I praise you.

Give thanks to the Lord for he is good;  
for his love endures for ever.

**Word of God** **1 Thessalonians 4:3-8**

This is the will of God, your holiness: that you refrain from immorality, that each of you know how to acquire a wife for himself in holiness and honor, not in lustful passion as do the Gentiles who do not know God; not to take advantage of or exploit a brother in this matter, for the Lord is an avenger in all these things, as we told you before and solemnly affirmed. For God did not call us to impurity but to holiness. Therefore, whoever disregards this, disregards not a human being but God, who [also] gives his holy Spirit to you.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied. (Mt 5:6)

**Canticle of Zechariah**

*Put on the armor of God so that you may be able to stand firm against the tactics of the devil.*

*(Eph 6:11)*

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

**Glory to the Father...**

## Intercessions

Our God is merciful. He heals all our wounds. We turn to him and pray:

**R/Lord**, be merciful.

When we are unaware of our faults and imperfections: enlighten us and make us new. **R/**

When we are trapped in bad habits: free us. **R/**

When we are seeking perfection, strengthen us in the battle. **R/** **Personal intentions**

### **Our Father....**

God of holiness, you are strong and mighty. Help us to fight against the forces that damage society and the Church. Show us where evil has taken hold in our lives, our families, and our relationships. Make us strong warriors of prayer and good works. Use us to make your victorious reign flourish on this earth. Through Christ our Lord. Amen.

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### Reading 1 **Exodus 16:2-4, 12-15**

The whole Israelite community grumbled against Moses and Aaron. The Israelites said to them, "Would that we had died at the Lord's hand in the land of Egypt, as we sat by our fleshpots and ate our fill of bread! But you had to lead us into this desert to make the whole community die of famine!"

Then the Lord said to Moses, "I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.

"I have heard the grumbling of the Israelites. Tell them: In the evening twilight you shall eat flesh, and in the morning you shall have your fill of bread, so that you may know that I, the Lord, am your God."

In the evening quail came up and covered the camp. In the morning a dew lay all about the camp, and when the dew evaporated, there on the surface of the desert were fine flakes like hoarfrost on the ground. On seeing it, the Israelites asked one another, "What is this?" for they did not know what it was. But Moses told them, "This is the bread that the Lord has given you to eat."

### Reading 2 **Ephesians 4:17, 20-24**

Brothers and sisters: I declare and testify in the Lord that you must no longer live as the Gentiles

do, in the futility of their minds; that is not how you learned Christ, assuming that you have heard of him and were taught in him, as truth is in Jesus, that you should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth.

### Gospel **John 6: 24-35**

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus. And when they found him across the sea they said to him, "Rabbi, when did you get here?" Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal." So they said to him, "What can we do to accomplish the works of God?" Jesus answered and said to them, "This is the work of God, that you believe in the one he sent." So they said to him, "What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: He gave them bread from heaven to eat."

So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world."

So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

### **Men of St. Joseph Prayer**

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

*Prayer for the Morning text used with permission of Magnificat*