

**SUNDAY, AUGUST 8,  
19<sup>TH</sup> SUNDAY IN ORDINARY TIME**

- 1) 1 Kings 19:4-8
- 2) Ephesians 4:30–5:2
- 3) John 6:41-51

**FOCUS:** God gives us bread to inspire and sustain us.

Today's readings give much encouragement for those times when we feel like giving up on ourselves or on God. Whether our murmuring is negative self-talk or sarcastic memes on social media, consider taking a break from negativity. Get up, take and eat the bread of life, and live in Christ's love.

**LITURGY OF THE WORD**

In the first reading, Elijah prays for death. But an *angel of the Lord* tells him to *get up and eat*. Elijah does, then walks for 40 days and nights to Mount Horeb. Saint Paul urges the Ephesians to *be imitators of God*. In the Gospel, Jesus declares that he is the bread of life which he will give *for the life of the world*.

**GENERAL INTERCESSIONS**

**For the Church on earth, may the Lord increase in faith and number.**

We Pray to the Lord. **People say:** Lord, hear our prayer.

**For peace among nations and peace in our hearts.**

We Pray to the Lord. **People say:** Lord, hear our prayer.

**For all the sick and suffering, may God bless and console them.**

We Pray to the Lord. **People say:** Lord, hear our prayer.

**For all who have died may they be welcomed into the arms of Jesus.**

We Pray to the Lord. **People say:** Lord, hear our prayer.

**For love, tolerance and understanding in our community.**

We Pray to the Lord. **People say:** Lord, hear our prayer.

**For our own personal intentions.**

We Pray to the Lord. **People say:** Lord, hear our prayer.

Used by permission of FAITH Catholic. All rights