John 6:24-35 (Year B, Proper 13) (NRSV)

The next day, when the people who remained after the feeding of the five thousand saw
that neither Jesus nor his disciples were there, they themselves got into the boats and
went to Capernaum looking for Jesus. 25 When they found him on the other side of the
sea, they said to him, “Rabbi, when did you come here?” 26 Jesus answered them,

“Very truly, I tell you, you are looking for me, not because you saw signs, but because
you ate your fill of the loaves. 27 Do not work for the food that perishes, but for the
food that endures for eternal life, which the Son of Man will give you. For it is on him
that God the Father has set his seal.” 28 Then they said to him, “What must we do to
per-form the works of God?” 29 Jesus answered them, “This is the work of God, that
you believe in him whom he has sent.” 30 So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing?

31 Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” 32 Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. 33 For the bread of God is that which comes down from heaven and gives life to the world.” 34 They said to him, “Sir, give us this bread always.” 35 Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and who-ever believes in me will nev-er be thirst-y. ¶ The Gospel of the Lord.