John 6:51-58 (Year B, Proper 15) (NRSV)

The Holy Gospel of our Lord Jesus Christ according to John. Glory to you, Lord Christ.

[Jesus said:] I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.” 52 The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” 53 So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. 54 Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; 55 for my flesh is true food and my blood is true drink. 56 Those who eat my flesh and
drink my blood a-bide in me, and I in them. 57 Just as the liv-ing Fa-ther sent me, and I live be-cause of the Fa-ther, so whoever eats me will live be-cause of me. 58 This is the bread that came down from heav-en, not like that which your ancestors ate, and they died. But the one who eats this bread will live for-ev-er.”
