

Jesus said to the crowds:

**“I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give is my Flesh
for the life of the world.”**

The Jews quarreled among themselves, saying,

“How can this man give us his Flesh to eat?”

Jesus said to them,

**“Amen, amen, I say to you,
unless you eat the Flesh of the Son of Man and drink his Blood,
you do not have life within you.**

**Whoever eats my Flesh and drinks my Blood has eternal life,
and I will raise him on the last day.**

**For my Flesh is true food,
and my Blood is true drink.**

**Whoever eats my Flesh and drinks my Blood
remains in me and I in him.**

**Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.**

This is the bread that came down from heaven.

**Unlike your ancestors who ate and still died,
whoever eats this bread will live forever.”**

The Gospel of the Lord.