

Old Testament Reading

Exodus 16:2–21

²And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, ³and the people of Israel said to them, “Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”

⁴Then the LORD said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day’s portion every day, that I may test them, whether they will walk in my law or not. ⁵On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” ⁶So Moses and Aaron said to all the people of Israel, “At evening you shall know that it was the LORD who brought you out of the land of Egypt, ⁷and in the morning you shall see the glory of the LORD, because he has heard your grumbling against the LORD. For what are we, that you grumble against us?” ⁸And Moses said, “When the LORD gives you in the evening meat to eat and in the morning bread to the full, because the LORD has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the LORD.”

⁹Then Moses said to Aaron, “Say to the whole congregation of the people of Israel, ‘Come near before the LORD, for he has heard your grumbling.’” ¹⁰And as soon as Aaron spoke to the whole congregation of the people of Israel, they looked toward the wilderness, and behold, the glory of the LORD appeared in the cloud. ¹¹And the LORD said to Moses, ¹²“I have heard the grumbling of the people of Israel. Say to them, ‘At twilight you shall eat meat, and in the morning you shall be filled with bread. Then you shall know that I am the LORD your God.’”

¹³In the evening quail came up and covered the camp, and in the morning dew lay around the camp. ¹⁴And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. ¹⁵When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread that the LORD has given you to eat. ¹⁶This is what the LORD has commanded: ‘Gather of it, each one of you, as much as he can eat. You shall each take an omer, according to the number of the persons that each of you has in his tent.’” ¹⁷And the people of Israel did so. They gathered, some more, some less. ¹⁸But when they measured it with an omer, whoever gathered much had nothing left over, and whoever gathered little had no lack. Each of them gathered as much as he could eat. ¹⁹And Moses said to them, “Let no one leave any of it over till the morning.” ²⁰But they did not listen to Moses. Some left part of it till the morning, and it bred worms and stank. And Moses was angry with them. ²¹Morning by morning they gathered it, each as much as he could eat; but when the sun grew hot, it melted.

Gradual

Ps. 122:1, 7

I was glad when they said to me,
“Let us go to the house of the LORD!”
Peace be within your walls
and security within your towers!

Epistle

Galatians 4:21–31

²¹Tell me, you who desire to be under the law, do you not listen to the law? ²²For it is written that Abraham had two sons, one by a slave woman and one by a free woman. ²³But the son of the slave was born according to the flesh, while the son of the free woman was born through promise. ²⁴Now this may be interpreted allegorically: these women are two covenants. One is from Mount Sinai, bearing children for slavery; she is Hagar. ²⁵Now Hagar is Mount Sinai in Arabia; she corresponds to the present Jerusalem, for she is in slavery with her children. ²⁶But the Jerusalem above is free, and she is our mother. ²⁷For it is written,

“Rejoice, O barren one who does not bear;
break forth and cry aloud, you who are not in labor!
For the children of the desolate one will be more

than those of the one who has a husband.”

²⁸Now you, brothers, like Isaac, are children of promise. ²⁹But just as at that time he who was born according to the flesh persecuted him who was born according to the Spirit, so also it is now. ³⁰But what does the Scripture say? “Cast out the slave woman and her son, for the son of the slave woman shall not inherit with the son of the free woman.” ³¹So, brothers, we are not children of the slave but of the free woman.

Tract

Ps. 125:1–2, 5b

Those who trust in the LORD are like Mount Zion,
which cannot be moved, but abides forever.
As the mountains surround Jerusalem, so the LORD surrounds his people,
from this time forth and forevermore. Peace be upon Israel!

Holy Gospel

John 6:1–15

¹After this Jesus went away to the other side of the Sea of Galilee, which is the Sea of Tiberias. ²And a large crowd was following him, because they saw the signs that he was doing on the sick. ³Jesus went up on the mountain, and there he sat down with his disciples. ⁴Now the Passover, the feast of the Jews, was at hand. ⁵Lifting up his eyes, then, and seeing that a large crowd was coming toward him, Jesus said to Philip, “Where are we to buy bread, so that these people may eat?” ⁶He said this to test him, for he himself knew what he would do. ⁷Philip answered him, “Two hundred denarii would not buy enough bread for each of them to get a little.” ⁸One of his disciples, Andrew, Simon Peter’s brother, said to him, ⁹“There is a boy here who has five barley loaves and two fish, but what are they for so many?” ¹⁰Jesus said, “Have the people sit down.” Now there was much grass in the place. So the men sat down, about five thousand in number. ¹¹Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated. So also the fish, as much as they wanted. ¹²And when they had eaten their fill, he told his disciples, “Gather up the leftover fragments, that nothing may be lost.” ¹³So they gathered them up and filled twelve baskets with fragments from the five barley loaves, left by those who had eaten. ¹⁴When the people saw the sign that he had done, they said, “This is indeed the Prophet who is to come into the world!”

¹⁵Perceiving then that they were about to come and take him by force to make him king, Jesus withdrew again to the mountain by himself.