

Ephesians 4:1 through Ephesians 4:16

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace.

⁴There is one body and one Spirit—just as you were called to one hope when you were called—⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

⁷But to each one of us grace has been given as Christ apportioned it. ⁸This is why it^o says:

“When he ascended on high,
he led captives in his train
and gave gifts to men.”^o

⁹(What does “he ascended” mean except that he also descended to the lower, earthly regions^o? ¹⁰He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹²to prepare God’s people for works of service, so that the body of Christ may be built up ¹³until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

John 6:24 through John 6:35

²⁴Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus.

²⁵When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?”

²⁶Jesus answered, “I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill. ²⁷Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval.”

²⁸Then they asked him, “What must we do to do the works God requires?”

²⁹Jesus answered, “The work of God is this: to believe in the one he has sent.”

³⁰So they asked him, “What miraculous sign then will you give that we may see it and believe you? What will you do?”

³¹Our forefathers ate the manna in the desert; as it is written: ‘He gave them bread from heaven to eat.’”

³²Jesus said to them, “I tell you the truth, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³For the bread of God is he who comes down from heaven and gives life to the world.”

³⁴“Sir,” they said, “from now on give us this bread.”

³⁵Then Jesus declared, “I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.”