**Notes for Next Sunday**

Eleventh Sunday after Pentecost

**The Point of this Week’s Readings**

Three of this week’s readings are about the Lord supplying the needs of His people. The Psalm lists a variety of needs provided by the Lord. The Old Testament is about God delivering food in the desert. In the Gospel Jesus goes beyond earthly food and identifies Himself as the spiritual bread of life.

Psalm (Psalm 145:10-21). This is a psalm of David paying homage to his King (Jesus), whose dominion goes beyond Israel, to “all flesh” (v 21) and to the universe itself. The format: Vv 1–3, the Lord is great; vv 4–7; declare His works; vv 8–9; the Lord is good to all; vv 10–13a, the glory of God’s kingdom; vv 13b–20; the Lord’s works; v 21, speaking about the Lord. (TLSB)

Old Testament (Exodus 16:2-15). God had performed many miracles to free the people of Israel from the slavery they were in in Egypt. Perhaps the greatest miracle was God under the leadership of Moses taking nigh unto a million people and having them cross on dry land through the Red Sea. But each time circumstances became a little bit difficult Israel showed its lack of trust in God and grumbled. That was the case in our text. This time they were unhappy about the food situation. God punishes them but also provides all the food they need.

Epistle (Ephesians 4:1-16). To this point in the book of Ephesians Paul has taught that God brought Jew and Gentile into a new relationship to each other in the church and that He called the church to display His wisdom. In this text Paul shows how God made provision for those in the church to live and work together in unity. Paul also lays out how God has provided leaders to equip them to grow together into maturity so they will not be tossed about by false teachings.

Gospel (John 6:22-35). This reading comes after the miracle of the feeding of the five thousand (John 6:1–14). This is the only miracle that is included in all four Gospels. St. John alone provides the account of Jesus’ speech regarding Himself as the Bread of Life. This text was occasioned by the aftermath when the people wanted to take Jesus by force and make Him a king – their kind of king, an earthly “bread king” (6:15).

*For more in-depth commentary on each reading, read the notes found after each text below.*

**Psalm 145:10-21**

**10﻿ All you have made will praise you, O LORD; your saints will extol you. ﻿11﻿ They will tell of the glory of your kingdom and speak of your might, ﻿12﻿ so that all men may know of your mighty acts and the glorious splendor of your kingdom. ﻿13﻿ Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The LORD is faithful to all his promises and loving toward all he has made.﻿ ﻿14﻿ The LORD upholds all those who fall and lifts up all who are bowed down. ﻿15﻿ The eyes of all look to you, and you give them their food at the proper time. ﻿16﻿ You open your hand and satisfy the desires of every living thing. ﻿17﻿ The LORD is righteous in all his ways and loving toward all he has made. ﻿18﻿ The LORD is near to all who call on him, to all who call on him in truth. 19﻿ He fulfills the desires of those who fear him; he hears their cry and saves them. ﻿20﻿ The LORD watches over all who love him, but all the wicked he will destroy. ﻿21﻿ My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever.**

The following are some insights to individual verses…

*145:15*eyes of all. Metaphor recalls hungry pets or farm animals looking up to their master to be fed. Chemnitz: “Even brutes and creatures which act by natural instinct or some other form of reasoning perceive or in some way acknowledge His preservation and sustenance” (*LTh* 1:169). (TLSB)

*145:15 dues season.* God provides food at the proper time; i.e., as His creatures need it. (TLSB)

*145:18 Lord is near.* God will draw close to those who pray to Him “in truth,” i.e., in sincerity, honesty, and fidelity to His Word. (TLSB)

*145:19-20**those who fear Him* … *all who love Him*. Both phrases refer to the same people, who trust in the Lord. (TLSB)

*145:21* The praise of God must continue, and every creature take it up—forever. (CSB)

**Old Testament – Exodus 16:2-15**

**2﻿ In the desert the whole community grumbled against Moses and Aaron. ﻿3﻿ The Israelites said to them, “If only we had died by the LORD’s hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.” ﻿4﻿ Then the LORD said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. ﻿5﻿ On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.” ﻿6﻿ So Moses and Aaron said to all the Israelites, “In the evening you will know that it was the LORD who brought you out of Egypt, ﻿7﻿ and in the morning you will see the glory of the LORD, because he has heard your grumbling against him. Who are we, that you should grumble against us?” ﻿8﻿ Moses also said, “You will know that it was the LORD when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the LORD.” ﻿9﻿ Then Moses told Aaron, “Say to the entire Israelite community, ‘Come before the LORD, for he has heard your grumbling.’” ﻿10﻿ While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the LORD appearing in the cloud. ﻿11﻿ The LORD said to Moses, ﻿12﻿ “I have heard the grumbling of the Israelites. Tell them, ‘At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.’” ﻿13﻿ That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. ﻿14﻿ When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. ﻿15﻿ When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was. Moses said to them, “It is the bread the LORD has given you to eat.**

The following are some insights to individual verses…

*16:2 grumbled.* Collectively, the nation once again showed its lack of confidence in God’s chosen leaders. (TLSB)

*16:4 bread from heaven.* God would provide bread through a daily miracle. This gift foreshadows the gift of Jesus as the bread of life (John 6:47–51). (TLSB)

*16:4* *go out each day and gather enough for that day.* Probably the background for Jesus’ model petition in Mt 6:11; Lk 11:3 “give us today our daily bread.” (CSB)

The Lord gave Israel specific instructions (Ex 15:26; 16:4) on what to do with the manna. They had to gather it early in the morning, for it would melt away when the sun got hot. They had to gather every morning for if they kept some till the next day, it would become infested with maggots. They were to gather only as much as they could use each day, amounting to roughly two quarts per person. On the day before the Sabbath they were to gather enough for the Sabbath day as well.

*16:4 test.* God sends times of trial to test our faith. Here he uses his answer to the pleas of the people of Israel as an opportunity for a test. He provides enough for each day and adds a promise that there will be enough again the next day. Faith would cling to God’s promise; unbelief would doubt God’s provision. In their gathering for more than one day, they reveal their sinful distrust of God’s Word. Likewise, when some go out to gather on the Sabbath, they find nothing. They should be at rest, as God was, on the seventh day of creation. They are bearing fruit according to their nature.

*16:9 Come near before the Lord*. How this happened is not entirely clear. It seems that the Lord drew near to them in the cloud. (TLSB)

*16:13 quail came.* Quail are migratory birds which fly in vast numbers at certain time of the year. When they rest on the ground, it is easy for people to capture them by hand. In this case, however, the quail came at a time designated by the Lord. They came in sufficient numbers to satisfy two million people. Surely this did not happen without God’s direction! (PBC)

*16:14 thin flakes like frost.* It consisted of thin flakes like frost, was white like coriander seed, resembled resin, and tasted like wafers made with honey and olive oil – thus quite tasty! It could either be baked as cakes of bread or boiled in pots (Ex. 16:13-15, 23, 31; Num. 11:7-8). (LL)

*16:15 What is it?* The Hebrew word means “whatness or what is it?” Much like an object lesson, the food illustrates the reality of God’s love. Or better put” the bread from heaven brought the reality of God’s mercy into the lives of His people in a physical way, even as the Eucharist does in a greater way.

**Epistle – Ephesians 4:1-16**

**As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ﻿2﻿ Be completely humble and gentle; be patient, bearing with one another in love. ﻿3﻿ Make every effort to keep the unity of the Spirit through the bond of peace. ﻿4﻿ There is one body and one Spirit— just as you were called to one hope when you were called— ﻿5﻿ one Lord, one faith, one baptism; ﻿6﻿ one God and Father of all, who is over all and through all and in all. ﻿7﻿ But to each one of us grace has been given as Christ apportioned it. ﻿8﻿ This is why it﻿a﻿ says: “When he ascended on high, he led captives in his train and gave gifts to men.”﻿ ﻿9﻿ (What does “he ascended” mean except that he also descended to the lower, earthly regions﻿? ﻿10﻿ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ﻿11﻿ It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ﻿12﻿ to prepare God’s people for works of service, so that the body of Christ may be built up ﻿13﻿ until 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. ﻿14﻿ Then 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. ﻿15﻿ Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ﻿16﻿ From 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.**

The following are some insights to individual verses…

*4:1 to live a life worthy of the calling they received.* The word for “live” means to be totally dedicated with living in a certain manner. Today we might say “walk the talk.” The word for “worthy” means to do that which is appropriate for a particular position or calling. They were not to be ashamed of their faith and thus try to hide it. Because the Ephesians have this new life in Christ, Paul can expect a proper response from them.

*4:3 keep the unity.* We are truly one because God’s Spirit made the Church one in Christ (1:10; 4:4). True unity is neither created nor destroyed by our actions. Rather, Paul exhorts us to treasure this unity and act accordingly. (TLSB)

*4:4-6* In these three verses there are seven “ones” which define the unity of the church. Seven is the number of completion or perfection. We might translate: “The Church is absolutely and perfectly one. Furthermore, the first three elements of oneness look to the present, the second three look back to the historical origin of the Church, and the last one looks to the ultimate origin of the Church (CSB)

All three persons of the Godhead – Father, Son, and Holy Spirit – were involved in effecting this unity. Paul shows this is a table beginning at verse 4. He constructs three sets of three items each – one set for each person of the Trinity. Interestingly enough, he reverses the order from what we’re used to seeing. He places the persons into this sequence: Spirit, Son, Father. (PBC)

*4:7 grace has been given.*  We did not work for it. Here grace does not mean salvation, forgiveness of sins, everlasting life. It simply means “gift” something with which to serve the church. In this phrase lies the diversity of gifts given to Christians, “in keeping with measure of the gift of Christ.” There is no such thing as a Christian who has not received some gift with which to serve the church.

*4:8 on high.* “On high” in the OT never designates Mt. Zion but always heaven. (Stoeckhardt)

*4:8 captives.* Probably Paul applies this to the spiritual enemies Christ defeated at the cross. (CSB) Paul sees in Christ’s ascension a triumph over the forces and powers of darkness. (Stoeckhardt)

*4: 9 ascended … descended.*† Although Paul quoted from the psalm to introduce the idea of the “gifts to men,” he takes the opportunity to remind his readers of Christ’s coming to earth (his incarnation) and his subsequent resurrection and ascension. Some interpret this passage as referring to Christ’s descent into hell, but this is probably incorrect. (CSB)

*4:11 It was he who gave.* This is the Office of the Ministry and the men who hold it are Christ’s gifts to the Church. The Gospels connect it institution with the period between Christ’s resurrection and ascension. There is one office, but a diversity of callings, within it (cf. Rom. 12:6-8), and some men held more than one role (cf. 1Tim. 2:7; 4:13; 5:17). The first two callings listed here (and perhaps the third) belong only to the first generation of the Church, though their message is preserved in Holy Scripture. (TLSB)

*4:12 to prepare God’s people for works of service.* Those mentioned in v. 11 were not to do all the work for the people, but were to train the people to do the work themselves. (CSB)

*4:13 mature … fullness of Christ.*† Not only the maturity of doctrinal conviction just mentioned, nor a personal maturity that includes the ability to relate well to other people (cf. vv. 2–3), but also the maturity of the perfectly balanced character of Christ. (CSB)

*4:14 infants.* Reborn through Baptism, Christians should not remain like infants, for false doctrine always threatens them (1 Cor. 3:1-2; Heb. 5:12-14; 1 Peter 2:2). (TLSB)

*4:14 cunning … craftiness … deceitful scheming.* No specific false teaching is mentioned, but Paul is probably referring to pagan Greek philosophies and Judaizing. (TLSB)

*4:15 speaking the truth in love.* Concern for true doctrine and love for one another are not alternatives, but belong together (1 Peter 1:22). (TLSB)

**Gospel – John 6:22-35**

**25﻿ When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?” ﻿26﻿ Jesus 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. ﻿27﻿ Do 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.” ﻿28﻿ Then they asked him, “What must we do to do the works God requires?” ﻿29﻿ Jesus answered, “The work of God is this: to believe in the one he has sent.” ﻿30﻿ So they asked him, “What miraculous sign then will you give that we may see it and believe you? What will you do? ﻿31﻿ Our forefathers ate the manna in the desert; as it is written: ‘He gave them bread from heaven to eat.’﻿” ﻿32﻿ Jesus 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. ﻿33﻿ For 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.” ﻿35﻿ Then 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. ﻿36﻿ But as I told you, you have seen me and still you do not believe. ﻿37﻿ All that the Father gives me will come to me, and whoever comes to me I will never drive away. ﻿38﻿ For I have come down from heaven not to do my will but to do the will of him who sent me. ﻿39﻿ And this is the will of him who sent me, that I shall lose none of all that he has given me, but raise them up at the last day. ﻿40﻿ For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day.” 41﻿ At this the Jews began to grumble about him because he said, “I am the bread that came down from heaven.” ﻿42﻿ They said, “Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I came down from heaven’?” ﻿43﻿ “Stop grumbling among yourselves,” Jesus answered. ﻿44﻿ “No one can come to me unless the Father who sent me draws him, and I will raise him up at the last day. ﻿45﻿ It is written in the Prophets: ‘They will all be taught by God.’﻿ Everyone who listens to the Father and learns from him comes to me. ﻿46﻿ No one has seen the Father except the one who is from God; only he has seen the Father. ﻿47﻿ I tell you the truth, he who believes has everlasting life. ﻿48﻿ I am the bread of life. ﻿49﻿ Your forefathers ate the manna in the desert, yet they died. ﻿50﻿ But here is the bread that comes down from heaven, which a man may eat and not die. ﻿51﻿ I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.” ﻿52﻿ Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?” ﻿53﻿ Jesus said to them, “I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ﻿54﻿ Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. ﻿55﻿ For my flesh is real food and my blood is real drink. ﻿56﻿ Whoever eats my flesh and drinks my blood remains in me, and I in him. ﻿57﻿ Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. ﻿58﻿ This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever.” ﻿59﻿ He said this while teaching in the synagogue in Capernaum.**

*The situation:* From v 15 of this chapter, we learn that Jesus had avoided the people he talks to in the text because they wanted to make him a king. Their pursuit of him was prompted by less than commendable motives: curiosity, materialism, and carnal security. Despite the untoward beginning of this encounter, Jesus makes the best of a bad situation and tries to elevate the people’s thinking to a higher and more spiritual plane. On the one hand, Jesus does not hesitate to correct the mistaken approach of the people (v 26), but, on the other hand, neither does he angrily dismiss the crowd nor turn away from them in contempt. His conduct suggests an evangelical approach for pastors today: Take people where they are, with all their limitations, and with simultaneous integrity and kindness move them ahead in their understanding of God’s Word.

The following are some insights to individual verses…

*6:26 I tell you the truth.* The expression "in very truth I say to" occurs here and in verse 32. Jesus uses it here because the people themselves did not know their own true character so well as did Jesus. For their own good He tells them.

*6:27 food that spoils.* The word “spoils” means that death is certain.

*6:27 Father has placed His seal of approval.* To seal means to put a stamp of approval on something to verify that in this case Jesus is the one who bring eternal life. This verb speaks of something that has taken place in the past and that was at Jesus’ Baptism.

*6:28* *What must we do … ?* They missed the point that eternal life is Christ’s gift and were thinking in terms of achieving it by pious works. (CSB)

*6:29* *work of God.* The crowd asked about righteous “works” (v. 28), but Jesus singled out one necessary work: faith in Him, which is God’s gift. (TLSB)

*6:30* *What will you do?* They seek from Jesus a sign greater than the gift of manna that had accompanied Moses’ ministry. (CSB) The answer in verses 30-31 betrays their spiritual blindness. Though they had witnessed a sign they now ask Jesus to work one so that they believe.

*6:35* *I am.* The first of seven self-descriptions of Jesus introduced by “I am” (see 8:12; 9:5; 10:7, 9; 10:11, 14; 11:25; 14:6; 15:1, 5). In the Greek the words are solemnly emphatic and echo Ex 3:14. (CSB) Jesus clearly identified Himself as the source of real life, which lasts forever. (TLSB)