

## **“Jesus – The BREAD of LIFE”**

- (This is why you need to listen)

\*\*\*\* Jesus made 7 “I Am” statements about Himself

### **1. The Bread Of Life**

*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. (John 6:35)*

### **2. The Light Of The World**

*When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” (John 8:12)*

### **3. The Gate**

*I am the gate; whoever enters through me will be saved. He will come in and go out and find pasture. (John 10:9)*

### **4. The Good Shepherd**

*“I am the good shepherd. The good shepherd lays down his life for the sheep.” (John 10:11)*

### **5. The Resurrection And The Life**

*Jesus said to her, “I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die.” (John 11:25-26)*

### **6. The Way, The Truth, And The Life**

*Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.” (John 14:6)*

### **7. The Vine**

*“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.” (John 15:5)*

//→ Yet, His very FIRST statement is the most IMPORTANT of ALL

- present a problem or challenge we both share

\*\*\*\* SEE, the problem most of us deal with, is that LIFE is just BUSY. Family, Work, Sports, take up our days from the moment we wake up until the moment our head hits the pillow at night,...

\*\*\*\* And even though we remember the importance of eating PHYSICAL Bread for our PHYSICAL Health and Strength,  
....many times the very SOURCE of our SPIRITUAL Health & Strength gets forgotten or put on the back burner

- create tension

\*\*\*\* See, ALL of the Promises in Gods Word **ARE** Yes & Amen - - BUT, we get FRUSTRATED when we don't see them come to PASS, not REALIZING that one of the MAIN REASONS is because we're on a SPIRITUAL FAST!

\*\*\*\* For Example, we ALL want to walk in Divine Health, but we forget that in 3<sup>rd</sup> John the Bible tells us that our HEALTH will prosper JUST AS our SOUL prospers...

\*\*\*\* SO then, the PROMISES of GOD PROSPERING in our life are LINKED to our SOUL PROSPERING. So then, HOW does our SOUL prosper?

\*\*\*\* Well, the same way our BELLY prospers – BY FEEDING IT!

- (Connect with a story that shows you have something in common)

#### TEEN CHALLENG - - - - - Gaining Weight PHYSICALLY / / / Gaining Weight SPIRITUALLY

- **SO**, lets take a Journey **TOGETHER** through Gods **WORD** and see what **JESUS** as the **BREAD OF LIFE** has to offer our **souls**....

## Part 2 -

**THE ANSWER**

## • Scripture

**John 6:1**

After these things Jesus went over the Sea of Galilee, which is *the Sea* of Tiberias. <sup>2</sup> Then a great multitude followed Him, because they saw His signs which He performed on those who were diseased. <sup>3</sup> And Jesus went up on the mountain, and there He sat with His disciples.

<sup>4</sup> Now the Passover, a feast of the Jews, was near. <sup>5</sup> Then Jesus lifted up *His* eyes, and seeing a great multitude coming toward Him, He said to Philip, “**Where shall we buy bread, that these may eat?**” <sup>6</sup> But this He said to test him, for He Himself knew what He would do.

<sup>7</sup> Philip answered Him, “Two hundred denarii worth of bread is not sufficient for them, that every one of them may have a little.”

<sup>8</sup> One of His disciples, Andrew, Simon Peter’s brother, said to Him, <sup>9</sup> “There is a lad here who has five barley loaves and two small fish, but what are they among so many?”

<sup>10</sup> Then Jesus said, “**Make the people sit down.**” Now there was much grass in the place. So the men sat down, in number about five thousand. <sup>11</sup> And Jesus took the loaves, and when He had given thanks He distributed *them* to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted. <sup>12</sup> So when they were filled, He said to His disciples, “**Gather up the fragments that remain, so that nothing is lost.**” <sup>13</sup> Therefore they gathered *them* up, and filled twelve baskets with the fragments of the five barley loaves which were left over by those who had eaten. <sup>14</sup> Then those men, when they had seen the sign that Jesus did, said, “This is truly the Prophet who is to come into the world.”

***Christ Walks on the Water***

<sup>15</sup> Therefore when Jesus perceived that they were about to come and take Him by force to make Him king, He departed again to the mountain by Himself alone.

<sup>16</sup> Now when evening came, His disciples went down to the sea, <sup>17</sup> got into the boat, and went over the sea toward Capernaum. And it was already dark, and Jesus had not come to them. <sup>18</sup> Then the sea arose because a great wind was blowing. <sup>19</sup> So when they had rowed about three or four miles, they saw Jesus walking on the sea and drawing near the boat; and they were afraid. <sup>20</sup> But He said to them, “**It is I; do not be afraid.**” <sup>21</sup> Then they willingly received Him into the boat, and immediately the boat was at the land where they were going.

## ***“I Am the Bread of Life”***

<sup>22</sup> On the following day, when the people who were standing on the other side of the sea saw that there was no other boat there, except that one which His disciples had entered, and that Jesus had not entered the boat with His disciples, but His disciples had gone away alone—<sup>23</sup> however, other boats came from Tiberias, near the place where they ate bread after the Lord had given thanks—<sup>24</sup> when the people therefore saw that Jesus was not there, nor His disciples, they also got into boats and came to Capernaum, seeking Jesus. <sup>25</sup> And when they found Him on the other side of the sea, they said to Him, “Rabbi, when did You come here?”

<sup>26</sup> Jesus answered them and said, “Most assuredly, I say to you, you seek Me, not because you saw the signs, but because you ate of the loaves and were filled. <sup>27</sup> Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal on Him.”

<sup>28</sup> Then they said to Him, “What shall we do, that we may work the works of God?”

<sup>29</sup> Jesus answered and said to them, “This is the work of God, that you believe in Him whom He sent.”

<sup>30</sup> Therefore they said to Him, “What sign will You perform then, that we may see it and believe You? What work will You do? <sup>31</sup> Our fathers ate the manna in the desert; as it is written, ‘He gave them bread from heaven to eat.’”

<sup>32</sup> Then Jesus said to them, “Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. <sup>33</sup> For the bread of God is He who comes down from heaven and gives life to the world.”

<sup>34</sup> Then they said to Him, “Lord, give us this bread always.”

<sup>35</sup> And Jesus said to them, “**I Am the Bread of Life.** He who comes to Me shall never hunger, and he who believes in Me shall never thirst.

- **Bottom Line (One Thing)**

***//→ As eating bread daily brings health & physical life, receiving Jesus daily creates spiritual health & abundant life.***

- **(Unpack the Solution to the problem/tension)**

\*\*\*\* So has ANYONE ever gone without food for an extended period of time?? You become really WEAK and TIRED, right??

\*\*\*\* So many of us wonder WHY we don't experience certain SPIRITUAL things, we wonder why we always feel so SPIRITUALLY tired and weak..... its because we're going without the FOOD that FEEDS our SPIRIT!

\*\*\*\* Just like we have to eat DAILY to stay PHYSICALLY Strong, we MUST receive JESUS DAILY to stay SPIRITUALLY strong!

\*\*\*\* JESUS does EVERYTHING for a REASON....

\*\*\*\*\* Theres a REASON He fed the 5,000 with BREAD, **THEN** walked on the Water, **THEN** revealed Himself as the BREAD OF LIFE....

\*\*\*\* He NEEDED His Disciples to UNDERSTAND the EXTREMELY Paramount and Fundamental IMPORTANCE of HIM being the CENTER of their DAILY LIVES.....

- (Illustrate bottom line)

**BREAD** = Was THE MOST IMPORTANT ELEMENT and CENTER PIECE of the JEWISH MEAL.

\*\*\*\* Weekly Shabbat Meal starts with the Bread & the Wine. The FOCUS is on the BREAD first.

\*\* Challah Bread was considered a rich man's bread, as it contained refined white flour which was relatively expensive

\*\* Challah was specifically eaten on Shabbat and holidays as a way of showing that Shabbat was special and showing honour

- According to Jewish tradition, the three Sabbath meals (Friday night, Saturday lunch, and Saturday late afternoon) and all of their holiday meals each begin with two complete loaves of bread.<sup>[13]</sup> This "double loaf" commemorates the manna that fell from the heavens when the Israelites wandered in the desert after the Exodus. The manna did not fall on Sabbath or holidays; instead, a double portion would fall the day before the holiday or Sabbath...

\*\*\*\* There is SO much here...

- **Manna** was the Supernatural **PROVISION** of GOD while the **Israelites** were in the **Desert**
  - JESUS as the Bread of Life is OUR Supernatural Provision for ANY and EVERY Need we have
  - Just like the Manna, we DON'T have to WORK for it. We just REST in HIM, and it just FALLS from the Sky
  - In the DESERT times in our LIVES, when we DON'T **SEE** the Goodness of God or the Provision of God in our Circumstances, if we'll RECEIVE the Bread of LIFE DAILY, God will Supernaturally make a way where there seems to BE no way....
    - IN our STRUGGLES, HE is our SHADE, HE is our REFRESHMENT, HE is our SUSTANANCE,  
(The bread is covered before the blessing to represent the dew on the manna)
  - The Israelites had JUST left SLAVERY, and MANNA was a DAILY REMINDER of their FREEDOM. They no longer had to SUFFER just to get by. They had been SET FREE from their OPRESSORS
    - RECEIVING JESUS as our DAILY Bread of LIFE produces SUPERNATURAL FREEDOM in our lives!

*//→ As eating bread daily brings health & physical life, receiving Jesus daily creates spiritual health & abundant life.*

- Before the Sabbath meal, as the Bread is placed in the Center of the Table, this Blessing is Pronounced –

"Blessed are you **LORD** our God, King of the Universe, who brings forth the bread from the earth".

- **JESUS** was the BREAD that GOD brought FORTH from the EARTH
- AFTER the Blessing, the Bread is Uncovered, then BROKEN, TORN and then SALTED

- This is a PICTURE of what would happen the JESUS through His SACRIFICE, that BEFORE we could PARTAKE of HIM as our SPIRITUAL BREAD, He had to be BROKEN and TORN

//→ During this time, there is to be NO TALKING, everyone remains SILENT as the Bread is Blessed, and then TORN and BROKEN

- THEN, the bread is SALTED....
- The Old Test required that [Temple sacrifices](#) to God, sometimes described as the "food of God," be offered with salt.<sup>[15]</sup> [Leviticus](#) 2:13 states "with all your sacrifices, you shall offer salt."<sup>[23]</sup>
- Jewish [rabbis](#) also concluded that just as no sacrifices can be offered without the presence of [priests](#), no sacrifices can be offered without salt.<sup>[24]</sup>

//→ SO, IMMEDIATELY AFTER the Bread was TORN and BROKEN, it was SALTED – WHICH was a Levitical REQUIREMENT for ALL SACRIFICES - - - -

...and JUST as JESUS was BEATEN and TORN, He was THEN SACRIFICED for us ALL!

//→ In the Old Test., [SALT](#) symbolizes the eternal covenant with God.<sup>[21]</sup> As a preservative, the SALT never spoils or decays, signifying this eternal covenant.- ALSO, Salt adds **taste** to food, so it ALSO represents that our Covenant with God brings Eternal meaning and flavor to our Lives....

- SO, after Jesus was Torn, Broken, and Crucified, He was RESURRECTED in POWER, COMPLETING and PERFECTING the NEW COVENANT between God & Man,
- .... so AS the SALT was ADDED to the Broken Bread, THIS represented the NEW & ETERNAL COVENANT that JESUS had JUST Paid the Price for - He had Purchased Eternal Life for us ALL,

.....HE had become the Preservative of our Souls.... That SPIRITUALLY we would never SPOIL or DECAY, and ALSO while still on this EARTH, He would bring MEANING, SIGNIFICANCE, and ABUNDANT FLAVOR to our Lives!

- And FINALLY, Salt played an indispensable role in Jewish life. With high quantities located in the [Dead Sea](#) region, salt was considered the most **essential** and **common** of all elements.<sup>[25]</sup> Salt was considered the most **important necessity** of life.<sup>[26]</sup>

//→ SO, IN THE SAME WAY, JESUS was COMMUNICATING that AS the SALTED BREAD of LIFE, He was not only the MOST **ESSENTIAL** part of our Spiritual lives, but HE was to be THE MOST **COMMON** part of our LIVES!

//→ And JUST as they considered Salt the most IMPORTANT NECESSITY of LIFE, JESUS was DECLARING as the Bread of Life, that HE was the MOST IMPORTANT NECESSITY of our LIVES!

- ONLY THEN, AFTER the bread was **SALTED** , was the bread allowed to be Distributed to everyone at the Table

*//→ As eating bread daily brings health & physical life, receiving Jesus daily creates spiritual health & abundant life.*

- this is why you must buy in
- We're in this together

### Part 3 - IMAGINE

- Cast vision
- Imagine what it would look like if this became a reality in our lives
  - Repeat bottom line



- Tell a story to illustrate what could happen

**### JORDAN RIVER ! ! ! !**

- Tell them what they could do THIS week to act on this