



Weekend Resources

February 15, 2026

"I Am the Bread of Life"

Use these questions and resources during your study time or with your group.

RECAP: Every culture is telling a story - about who we are, why we're here, and what really matters. We take our questions to the culture around us, and listen for answers. But who is telling you the truth? Where do your deepest beliefs come from? In a world full of noise and competing voices, Jesus makes bold, clear claims about who He is—and what real life looks like.

MAIN POINTS

- **Jesus is the bread of life**
- **It's not God's outcomes we're after, it's God himself.** Often it's not God we're after, it's what God can do for us. Jesus keeps saying, I'm what you're looking for, it's me.
- **How we change our diet is to listen and learn, with consistency and community.** It's not about earning God's love, it's about positioning yourself to receive what God is already offering.

GETTING STARTED

- When you're stressed or running on empty, what do you tend to reach for first to feel better (food, scrolling, shopping, work, etc.)? Does it actually last?

SCRIPTURE

- [Exodus 3:14; Exodus 12:34; Exodus 16; John 6](#)

DISCUSSION QUESTIONS

- Why do you think the crowd began to grumble (v. 41) when Jesus said that He is the bread that came down from heaven?
- Why do you think the disciples began to grumble (v. 60, 61), and is this a different type of grumbling than the crowd from earlier in the chapter?
- Jesus doesn't say that He gives bread, He says that He is bread. What difference do you think that distinction makes for how a person understands faith, God, and what it means to be sustained?

APPLICATION

- When you notice your soul getting hungry, where are the first places you tend to go to for quick 'fuel' and what clues tell you it's happening?
- The message named two handles, two practices or rhythms; listen and learn. Which one feels more difficult for you right now and what specifically makes it hard?
- Peter answers Jesus' question by saying basically 'Where else would we go?' If you answered that honestly for yourself, what alternatives do you feel most tempted to run to, and what do you think keeps pulling you back to, or away from Jesus?

CLOSING PRAYER

- Jesus, today we come to You hungry... Hungry for truth, hungry for peace, hungry for something that actually satisfies... We confess that we've looked for life in a lot of other places - and they've left us empty... So today, we receive You again as the Bread of Life. We receive Your grace, Your presence, Your forgiveness, and Your strength. Teach us to listen for Your voice, and to learn Your ways. Quiet the noise around us and within us, and steady our hearts in You... Remind us that You are enough. Enough for our doubts, enough for our fears, enough for our future. We choose You again today. Jesus, give us that bread. Amen.