

# **Bible Study Guide: The Bread of Life – From Temporary Satisfaction to True Fulfillment**

 Source Transcript:

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## **Big Idea**

**Jesus is the only true source of lasting fulfillment—when we come to Him, our deepest hunger and thirst are satisfied in ways the world never can.**

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## **Theme**

**Lent calls us to stop feeding on temporary, worldly satisfaction and instead be nourished by Christ, who provides spiritual life, peace, and abundance.**

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## **Core Scripture**

### **John 6:35**

“I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

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## **Introduction: What Are You Feeding On?**

After feeding the 5,000:

- Jesus shifts the focus
- From physical food → spiritual nourishment

### **Key Insight:**

“Jesus is not just meeting physical needs—He is revealing Himself as the source of life.”

### **The Problem**

We often:

- Chase temporary satisfaction
- Feed on things that don't last

### **The Invitation**

Jesus says:

- Come to Me
- Be filled for life

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## **Main Point 1: We All Experience Spiritual Hunger**

### **Explanation**

Hunger shows up as:

- Restlessness
- Emptiness
- Dissatisfaction

“We all feel that hunger inside.”

## **Spiritual Truth**

This hunger:

- Points to a deeper need
- Cannot be ignored

## **Application**

- What am I truly hungry for?
- Where do I feel empty?

## **Sticky Quote:**

“Your hunger is pointing you to something deeper.”

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## **Main Point 2: The World Offers Temporary Satisfaction**

### **Explanation**

We turn to:

- Success
- Money

- Comfort
- Entertainment

## **Spiritual Truth**

These provide:

- Short-term relief
- No lasting fulfillment

“The world satisfies—but only for a moment.”

## **Application**

- What do I turn to for satisfaction?
- Does it truly last?

## **Sticky Quote:**

“Temporary satisfaction leads to lasting emptiness.”

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## **Main Point 3: Jesus Is the Source of True Life**

### **Explanation**

Jesus declares:

- He is the bread of life

### **Spiritual Truth**

He provides:

- Sustenance
- Strength
- Spiritual nourishment

“Everything good flows from Him.”

### **Application**

- Do I see Jesus as my source?
- Or as a supplement?

### **Sticky Quote:**

“Jesus is not an addition—He is the source.”

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## **Main Point 4: Coming to Jesus Brings Satisfaction**

### **Explanation**

Jesus promises:

- No more hunger
- No more thirst

### **Spiritual Truth**

In Him we find:

- Peace
- Joy
- Contentment

“He satisfies every time.”

## **Application**

- Am I coming to Jesus daily?
- Or only in need?

## **Sticky Quote:**

“Jesus satisfies what the world cannot.”

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## **Main Point 5: Spiritual Nourishment Comes Through Christlike Living**

### **Explanation**

The “food” Jesus offers includes:

- Love
- Forgiveness
- Mercy
- Obedience
- Surrender

“This is the nourishment that sustains you.”

### **Spiritual Truth**

Growth happens when we:

- Live like Christ

- Practice His ways

## **Application**

- Am I feeding on Christ's teachings?
- What needs to change?

## **Sticky Quote:**

“What you consume shapes who you become.”

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## **Main Point 6: Lent Calls Us to Change Our Diet**

### **Explanation**

Lent invites us to:

- Let go of worldly “food”
- Replace it with God

“Make Jesus the bread of your life.”

### **Spiritual Truth**

Spiritual discipline:

- Refocuses our hunger
- Reorders our priorities

### **Application**

- What do I need to give up?

- What do I need more of?

### **Sticky Quote:**

“Change your diet—change your life.”

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## **Main Point 7: Trusting Jesus Means Letting Go of the World**

### **Explanation**

We often:

- Hold onto control
- Chase worldly gain

### **Spiritual Truth**

Following Jesus requires:

- Trust
- Surrender
- Release

“Stop chasing the world—start trusting God.”

### **Application**

- What am I holding onto?
- Where do I need to trust more?

## **Sticky Quote:**

“Surrender leads to satisfaction.”

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## **Main Point 8: A Full Life Becomes an Overflowing Life**

### **Explanation**

When we are filled:

- We stop taking
- We start giving

“Life becomes about giving, not receiving.”

### **Spiritual Truth**

Fulfillment leads to:

- Generosity
- Compassion
- Service

### **Application**

- Am I living to receive or to give?
- How can I pour into others?

## **Sticky Quote:**

“Full hearts overflow.”

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## **Main Point 9: Jesus Meets Us in Our Weak Moments**

### **Explanation**

When we feel:

- Uneasy
- Empty
- Tempted

We often:

- Turn to the world

### **Spiritual Truth**

Jesus invites:

- Return
- Dependence

“When you’re hungry—come to Me.”

### **Application**

- What do I do when I feel empty?
- Do I turn to Jesus first?

### **Sticky Quote:**

“Run to Jesus before you run to the world.”

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## **Main Point 10: Following Jesus Leads to Lasting Fulfillment**

### **Explanation**

Jesus promises:

- Sustained nourishment
- Eternal satisfaction

### **Spiritual Truth**

Life with Christ:

- Is abundant
- Is complete

“Your hunger will never grow again.”

### **Application**

- Am I fully following Jesus?
- What step can I take today?

### **Sticky Quote:**

“Jesus satisfies forever.”

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## **Discussion Questions**

1. What are you currently feeding your life with?
  2. Where have you experienced temporary satisfaction?
  3. What does it mean for Jesus to be your “bread of life”?
  4. How can you change your spiritual “diet”?
  5. Where do you need to trust God more fully?
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## **Practical Application Steps**

### **1. Identify False Sources**

- Recognize what you rely on

### **2. Turn to Jesus Daily**

- Seek Him first

### **3. Practice Spiritual Disciplines**

- Prayer, Scripture, fasting

### **4. Let Go of the World**

- Release temporary satisfactions

### **5. Live Generously**

- Give from what God provides
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## **Closing Prayer**

Father,

Thank You for being the bread of life  
that satisfies our deepest needs.

Help us to turn away from the world  
and come to You for true fulfillment.

Fill us with Your presence,  
teach us to trust You,  
and lead us into a life of abundance and peace.

In Jesus' name, Amen.

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## **Final Takeaway**

**The world offers temporary satisfaction—but Jesus is  
the bread of life who fills you completely and forever.**