

“I am the Bread of Life”
John 6:26-54

Introduction

John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was in the beginning with God. 3 All things were made through him, and without him was not any thing made that was made. 4 In him was life, and the life was the light of men. 5 The light shines in the darkness, and the darkness has not overcome it. 14 And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

Context:

Fed 5000 men + women and children; 12 basket of leftovers

Prayed on the mountain, walked on water, saved Peter from drowning, calmed the storm

Observations:

Jesus claims at least six things in this passage

- He came down from heaven
- He came to do the will of the Father.
- Everyone who believes in (trusts in) Him shall never hunger or thirst again.
- He will give them eternal life
- He will not lose a single one
- He will raise them up (resurrect them) on the last day

Meaning:

Jesus was not advocating cannibalism.

He often used figurative language to communicate spiritual truth.

He discerned and exposed their true motives

The choice is always - become offended and leave, or trust Him

Application: Examples of ways to “ingest” Jesus

1. Morning quiet time with Him – reading, praying, journaling
2. Memorizing and rehearsing scripture out loud
 - Joshua 1:8
3. Scripture-based personal affirmations. Examples:
 - *I am the righteousness of God in Jesus Christ; I am complete in Him.*
 - *I can do all things through Christ who strengthens me, because greater is He that is in me than he that is in the world.*
 - *And my God shall supply all my needs according to His riches in glory by Christ Jesus.*
4. Incorporate body movement

Questions to ponder or discuss with others:

1. What things in this passage stood out to you?
 - Were there any surprises?
 - Did you receive any new insights?
2. What difficult circumstances have forced you to choose between trusting Jesus or pulling back from Him?
3. How did you respond? Why?
4. Has your response to hard things remained the same, or has it changed over time?
5. What ways of “ingesting” Jesus work best for you? Why?