



I AM THE BREAD OF LIFE.

“TRULY, TRULY, I SAY TO YOU, IT WAS NOT MOSES WHO GAVE YOU THE BREAD FROM HEAVEN, BUT MY FATHER GIVES YOU THE TRUE BREAD FROM HEAVEN. FOR THE BREAD OF GOD IS HE WHO COMES DOWN FROM HEAVEN AND GIVES LIFE TO THE WORLD... I AM THE BREAD OF LIFE.”

JOHN 6:32-35

BIG IDEA

The life Jesus provides is far greater than we could expect.

I AM.

In Exodus 3, God’s people were in trouble. They were slaves in Egypt, and things were getting worse for them. There was one person who could help-Moses. He was a Jew who grew up in the palace of the King, but fled Egypt after killing an Egyptian slave driver. While he was out in the desert, God speaks to him and told him to go back to Egypt and tell Pharaoh to let his people go. Moses has an understandable question:

Exodus 3:13-14 - “If I come to the people of Israel and say to them, ‘The God of your fathers has send me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?’ God said to Moses, ‘I AM WHO I AM.’ And he said, ‘Say this to the people of Israel, ‘I AM has sent me to you.’”

The name of God, Yahweh, was so sacred to the Jewish people that they would not speak it and would not even spell it fully. Even today, modern Jews will only partially write it, shortening it to YHWH. The name itself has several implications. It meant that God was declaring himself to be the self-existing creator and sustainer of all things, an active and personal God, who is faithful and unchanging.

I don’t think that I can adequately describe the shock that would have taken place when Jesus threw down the “I am” phrase. When you read Jesus saying the words, “I am” you are reading Jesus’ claim to be Yahweh’s presence on Earth. It is Jesus declaring himself to be the self-existing creator and sustainer of all things, an active and personal God, who is faithful and unchanging.

In the book of John, Jesus makes seven “I am” statements, beginning with the one we will study tonight:

- **I am the bread of life (6:35)**
- I am the light of the world (8:12)
- I am the door (10:7)
- I am the good shepherd (10:11)
- I am the resurrection and the life (11:25)
- I am the way, and the truth, and the life (14:6)
- I am the true vine (15:1, 5)

ENJOYING THE BREAD OF LIFE.

1. Our expectations are far too low. (vv. 22-31)

To understand the expectations of the people, it’s important to know their history. In the Old Testament, while Moses was leading the people and when the Jewish people were wandering in the wilderness as a result of their disobedience to God, they didn’t have enough food to eat. Instead of leaving them to die, God provided manna for them to eat. Manna, as the Bible describes it, is a miraculous food resembling bread that was provided supernaturally each morning. This miraculous food was provided to the people every morning for 40 years! At the end of the wilderness wandering, Moses actually had some people gather some manna and place it in the ark of the covenant so that all future generations would remember God’s provision.

Manna, in a sense, had become legendary over time, and Jewish teaching in subsequent centuries taught the Messiah that God would send to rescue his people would rain manna from heaven as proof of his identity.¹ So it was impressive when Jesus multiplied the loaves of bread and fed 5,000 people a few days ago, but it

¹ See footnote 88 in Leon Morris, *The Gospel according to John*, The New International Commentary on the New Testament (Grand Rapids, MI: Wm. B. Eerdmans Publishing Co., 1995), 321.

wasn't exactly what they were looking for. Their thinking was that one-time miracle of multiplying regular bread fell far short from Moses' provision of manna, bread from heaven, for a whole nation every day for 40 years.

- We look for things to satisfy our bellies.
- We look to physical signs to satisfy our doubts.
 - An implication of our longing for physical signs is that we try to manufacture divine moments to convince others to believe.

"If we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like and ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."² - **C.S. Lewis**

2. Jesus is the bread of life... a provision that far exceeds expectations! (vv. 32-50)

Jesus, the Bread of Life:

- Jesus is life-giving (v. 33)
- Jesus quenches hunger and thirst (v. 35)
- Jesus nourishes and fuels us. (v. 35)

3. Enjoy Jesus and enjoy true life! (vv. 51-70)

The call to eat Jesus' body and drink his blood was understandably shocking, so let's define some key terms to help us make sense of this command.

DEFINING KEY TERMS:	
My (The Bread of Life)	Jesus
Feeds/Eats	Receives Christ through Belief
My Flesh & Blood	Sacrifice on the Cross
Actual John 6:54: "Whoever feeds on my flesh and drinks my blood has eternal life."	
Paraphrase John 6:54: "Whoever believes in Jesus' sacrifice on the cross has eternal life."	

With this understanding we can say along side of Peter, "Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God."

AIM FOR THE HEART.

1. To the one who is thinking of turning back, trust Christ and experience life.
2. To the one who has low expectations, enjoy a far greater joy in Jesus..
3. To the one who has trusted but it weary, keep walking with Jesus. Be Nourished.

² Lewis, C.S. (2001). *The Weight of Glory*, (New York, NY: HarperCollins Publishers), 26.