

5-Day Devotional: The Bread of Life

Day 1: Check Your Motives

Scripture: John 6:25-27 *"When they found him on the other side of the sea, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you.'"*

Reflection:

The crowd tracked Jesus down, but not for the right reasons. They weren't interested in who He was—they were interested in what He could do for them. Jesus saw right through their religious-looking pursuit and called out their selfish motives.

It's easy to point fingers at this ancient crowd, but how often do we do the same thing? We pray when we need something. We show up at church when life gets hard. We seek Jesus for comfort, provision, healing, or success—but do we seek Him simply because of who He is?

There's nothing wrong with bringing our needs to Jesus. He invites us to do that. But when our entire relationship with Him revolves around what we can get rather than who He is, we've missed the point entirely. We've created a custom Jesus who exists to serve our agenda rather than surrendering to the true Jesus who calls us to lose our lives to find them.

Questions to Consider:

- What first drew you to Jesus? What keeps you coming back?
- When you pray, what percentage of your prayers are requests versus worship and gratitude?
- If Jesus never did another thing for you, would He be enough?

Prayer:

Lord, forgive me for the times I've sought You for what You can give me rather than for who You are. Search my heart and reveal any selfish motives in my pursuit of You. Help me to seek You simply because You are worthy, because You are good, because You are God. I want to know You, not just use You. In Jesus' name, amen.

Day 2: The Hunger That Never Stops

Scripture: John 6:32-35 *"Jesus then said to them, '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.' They said to him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.'"*

Reflection:

You ate breakfast this morning, and you're already thinking about lunch. You scrolled social media yesterday, and you're back at it today. You bought something new last week, and you're already browsing for the next purchase. There's a relentless hunger inside every human being that nothing in this world can truly satisfy.

The people in John 6 had just eaten a miraculous meal, but within hours they were hungry again, seeking Jesus to fill their bellies one more time. They were stuck in an endless cycle of temporary satisfaction. Jesus wanted to break that cycle.

"I am the bread of life," He declared. Not "I have bread" or "I'll give you bread," but "I AM the bread." Jesus Himself is the satisfaction our souls crave. Everything else—success, relationships, experiences, possessions—they're all just empty calories that leave us hungry again. Only Jesus provides the nourishment that sustains us eternally.

The tragedy is that we keep going back to the snack bar of the world, filling ourselves with things that can never truly satisfy, when a feast is available in Christ.

Questions to Consider:

- What are you consuming (activities, media, relationships, substances) that leaves you feeling empty shortly after?
- Where are you experiencing a spiritual hunger that you've been trying to fill with worldly things?
- Have you truly "tasted and seen that the Lord is good," or is Jesus just a concept to you?

Prayer:

Jesus, You are the Bread of Life. Forgive me for trying to satisfy my deepest hungers with temporary things. I confess that I've sought fulfillment in _____ (name the things). Those things leave me empty. I want to be fully satisfied in You. Teach me what it means to feast on You daily. Fill me with Your presence so that I stop craving the junk food of this world. Amen.

Day 3: When Jesus Doesn't Meet Your Expectations

Scripture: John 6:41-42 *"So the Jews grumbled about him, because he said, 'I am the bread that came down from heaven.' They said, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven'?"*

Reflection:

The crowd had expectations for who Jesus should be. They knew His family. They knew His hometown. They had Him figured out—or so they thought. When Jesus claimed to be bread from heaven, when He presented Himself as something far greater than they had imagined, they grumbled. They resisted. They rejected Him.

They wanted a Jesus who made sense to them, who fit their categories, who met their expectations. When the real Jesus showed up with claims that challenged their assumptions, they couldn't handle it.

We do the same thing. We create a Jesus in our minds who approves of our lifestyle choices, who doesn't ask too much of us, who makes our lives easier. Then the real Jesus shows up in Scripture and says things like "Take up your cross and follow me" or "Unless you eat my flesh and drink my blood, you have no life in you." Suddenly, this Jesus is uncomfortable. He's asking for more than we wanted to give. He's not the Jesus we signed up for.

The question is: Will you adjust your expectations to match who Jesus really is, or will you reject Him because He doesn't fit the mold you created?

Questions to Consider:

- What expectations of Jesus have you had that don't line up with Scripture?
- In what areas of your life have you been resisting Jesus because He's calling you to something uncomfortable?
- Are you willing to accept the real Jesus, even when He doesn't meet your expectations?

Prayer:

Lord Jesus, I confess that I've created a version of You that's more comfortable than the real You. I've wanted a Jesus who fits into my life rather than a Jesus who transforms my life. Forgive me for resisting You when You don't meet my expectations. Give me the courage to accept You as You truly are—holy, demanding, challenging, and completely worthy of my full surrender. Help me to love the real You, not the imaginary version I've created. Amen.

Day 4: Partaking, Not Just Observing

Scripture: John 6:53-56 *"So Jesus said to them, 'Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him.'"*

Reflection:

These are shocking words. Offensive, even. The crowd certainly thought so. But Jesus wasn't speaking literally about cannibalism—He was using graphic language to make a critical point: observation isn't enough. Information isn't enough. You have to partake.

Think about how you consume food. You don't just look at it, read about it, or watch someone else eat it. You take it into yourself. It becomes part of you. It nourishes every cell in your body. It gives you energy and life.

That's what Jesus is calling us to. Not just knowing about Him, but receiving Him so fully that He permeates every part of our lives. Not being a spectator in the stands, but a player on the court. Not having Jesus as an add-on to your life, but as the very source and center of your life.

Too many people are content to observe Christianity from a distance. They attend church occasionally. They know Bible stories. They think good thoughts about Jesus. But they've never truly partaken. They've never surrendered control. They've never let Jesus invade every corner of their existence—their money, their relationships, their time, their ambitions, their pain, their pleasure.

Jesus doesn't want fans. He wants followers. He doesn't want admirers. He wants disciples.

Questions to Consider:

- Are you an observer or a partaker when it comes to your faith?
- What areas of your life have you kept off-limits to Jesus?
- What would it look like for Jesus to permeate every part of your life—your work, your relationships, your finances, your struggles, your dreams?

Prayer:

Jesus, I don't want to be a spectator anymore. I don't want to just observe Your work from a distance. I want to fully partake of You. I surrender every area of my life to You—my relationships, my finances, my career, my struggles, my dreams. Come and permeate every cell of my being. Take control. I give You access to the areas I've kept locked away. Help me to feed on You daily, to let You nourish and sustain every part of who I am. I want to abide in You and have You abide in me. Amen.

Day 5: The Capernaum Warning

Scripture: Matthew 11:23-24 *"And you, Capernaum, will you be exalted to heaven? You will be brought down to Hades. For if the mighty works done in you had been done in Sodom, it would have remained until this day. But I tell you that it will be more tolerable on the day of judgment for the land of Sodom than for you."*

Also read: John 6:59-60, 66 *"Jesus said these things in the synagogue, as he taught at Capernaum. When many of his disciples heard it, they said, 'This is a hard saying; who can listen to it?'... After this many of his disciples turned back and no longer walked with him."*

Reflection:

Capernaum had the greatest privilege in human history. It was Jesus' home base. The people there saw miracle after miracle. They heard teaching after teaching. They had front-row seats to the Son of God doing the Father's work. Yet despite all of this exposure to Jesus, they rejected Him.

Jesus pronounced one of His harshest judgments on this city. Why? Because exposure without response leads to greater condemnation. Proximity to truth without surrender to truth is dangerous. Familiarity can breed contempt—or worse, indifference.

Here's the sobering question: Could you be Capernaum?

Have you grown up in church, heard countless sermons, seen God work in others' lives, maybe even experienced His work in your own life, and yet you've never truly surrendered? You've observed, but never partaken. You've heard, but never obeyed. You know about Jesus, but you don't know Jesus.

Or perhaps you once followed Jesus closely, but over time you've drifted. The bread has become stale because you've stopped feeding on it. You've gone back to the world's table, trying to satisfy yourself with things that will never fill you.

The good news is that it's not too late. Jesus is still the Bread of Life. He's still calling you to come, to eat, to drink, to receive, to surrender. Don't let familiarity rob you of intimacy. Don't let exposure replace encounter.

Questions to Consider:

- Have you truly received Jesus, or have you just been exposed to Christianity?
- What's the difference between knowing about Jesus and knowing Jesus personally?
- If you've drifted, what's one step you can take today to return to feeding on the Bread of Life?

Prayer:

Lord, I don't want to be like Capernaum—seeing Your work but never truly receiving You. Search my heart. Reveal to me if I've been content with exposure rather than encounter, with familiarity rather than intimacy. If I've never truly surrendered my life to You, I do so now. If I've drifted away, I return today. You are the Bread of Life, and I am hungry. Feed me. Fill me. Make me fully Yours. I don't want to just know about You—I want to know You. Thank You for never casting out those who come to You. I come today, fully and completely. Amen.

Challenge for the Week Ahead:

As you finish this devotional, commit to one practical step:

1. **Daily Feeding:** Set aside 15 minutes each day to "feed" on Jesus through Scripture and prayer—not as a task, but as nourishment.
2. **Surrender Something:** Identify one area you've been holding back from Jesus and consciously surrender it to Him this week.
3. **Share the Bread:** Tell someone this week about what Jesus means to you—share the Bread of Life with someone who's spiritually hungry.

Remember: Jesus said, "Whoever comes to me shall not hunger, and whoever believes in me shall never thirst." Come to Him today. He is enough.

Blog Post: Are You Seeking Jesus or Just Using Him?

The Uncomfortable Truth About the Bread of Life

There's a moment in John 6 that makes me uncomfortable every time I read it.

Actually, there are several moments. But the one that really gets me is when Jesus looks at the crowd—this massive crowd that has been following Him everywhere—and essentially says, "I know why you're really here. You don't care about me. You just want free food."

Ouch.

The context makes it even more pointed. These people had just witnessed Jesus feed over 15,000 people (5,000 men, plus women and children) with a kid's lunch. They saw Him walk

on water. They tracked Him down the next morning, crossing the Sea of Galilee to find Him. To any observer, these look like devoted followers.

But Jesus sees what we can't: their hearts.

The Crowd That Wanted a Vending Machine Jesus

"Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves" (John 6:26).

Translation: You're not seeking me because of who I am. You're seeking me because of what I can do for you.

They didn't want a Savior. They wanted a supplier.
They didn't want a Lord. They wanted a life-hack.
They didn't want transformation. They wanted transactions.

And if we're honest, we do the same thing.

We pray when we need something. We show up at church when life gets hard. We crack open our Bibles when we're looking for comfort or answers. We follow Jesus... as long as He's useful to us.

But what happens when He stops being useful? What happens when He doesn't heal your loved one, doesn't fix your marriage, doesn't give you the promotion, doesn't make your life easier?

What happens when Jesus turns to you and says, "I'm not here to fit into your life. I'm here to take over your life"?

The Jesus We Create vs. The Jesus Who Is

The crowd in John 6 had expectations. They knew who Jesus was supposed to be. They had Him figured out. He was the son of Joseph and Mary, the carpenter from Nazareth. He was a miracle worker, sure. A great teacher, definitely. Maybe even the Messiah who would overthrow Rome and restore Israel's glory.

But when Jesus started talking about being the Bread of Life that came down from heaven, when He started saying things like "Unless you eat my flesh and drink my blood, you have no life in you," they were done.

This wasn't the Jesus they signed up for.

He was getting too weird, too demanding, too exclusive. He was claiming to be something far greater than they were comfortable with. He was asking for more than they wanted to give.

So they grumbled. They quarreled among themselves. And eventually, they walked away.

We do the same thing, just with better vocabulary.

We create a Jesus who approves of our lifestyle choices. A Jesus who doesn't ask us to change anything uncomfortable. A Jesus who exists to bless our plans rather than redirect them. A Jesus who wants us to be happy rather than holy.

Then the real Jesus shows up in Scripture and says things like:

- "Take up your cross daily and follow me"
- "If anyone comes to me and does not hate his own father and mother... he cannot be my disciple"
- "Whoever loses his life for my sake will find it"

And suddenly, we're uncomfortable.

This Jesus doesn't fit the mold we created. This Jesus is inconvenient. This Jesus costs something.

The Difference Between Seeking and Receiving

Here's what strikes me most about John 6: **It's possible to seek Jesus and still miss Him.**

The crowd sought Jesus. They got in boats and tracked Him down. But they were seeking Him on their terms, for their purposes, with their agenda.

Jesus offers Himself differently. He says, "I am the bread of life. Whoever comes to me shall not hunger, and whoever believes in me shall never thirst" (John 6:35).

Notice what He doesn't say. He doesn't say, "I have bread to give you if you work hard enough." He doesn't say, "I'll be bread for you as long as you meet my expectations."

He says, "I AM the bread."

This is about receiving a person, not earning a product.

Think about how you eat bread. You don't analyze it from across the room. You don't admire it on a shelf. You don't write papers about it. You take it into yourself. It becomes part of you. It nourishes you. It sustains you.

That's what Jesus is calling us to. Not observation, but participation. Not information, but transformation. Not adding Jesus to your life like a condiment, but receiving Him as the main course.

The Question That Changes Everything

So here's the question I've been wrestling with since studying this passage:

Do I seek Jesus because of who He is, or because of what He can do for me?

It's an uncomfortable question because the honest answer reveals the state of our hearts.

If Jesus never did another thing for you—if He never answered another prayer the way you wanted, never fixed another problem, never made your life easier—would He still be enough?

If following Jesus cost you your reputation, your comfort, your dreams, your relationships—would you still follow?

The crowd in John 6 answered "no." By the end of the chapter, most of them walked away. They wanted bread for their bellies, not bread for their souls. They wanted a Jesus who served their agenda, not a Jesus who demanded their surrender.

Where Might You Be Resisting?

Here's the second question that's been haunting me:

Where am I resisting Jesus because He doesn't meet my expectations?

Maybe you thought following Jesus would make your life easier, but it's actually gotten harder.

Maybe you thought Jesus would fix your singleness, heal your depression, save your marriage, restore your prodigal child—and He hasn't.

Maybe you thought Christianity would make you popular, successful, happy—and instead you feel overlooked, struggling, and confused.

When Jesus doesn't meet our expectations, we have two choices:

1. Adjust our expectations to match who Jesus really is
2. Reject Jesus and walk away (or create a fake Jesus who's more comfortable)

The crowd chose option two. Many still do.

The Capernaum Warning

There's a sobering epilogue to this story. All of this took place in Capernaum, Jesus' ministry headquarters. Capernaum saw more miracles than any other city in history. They had front-row seats to the Son of God.

Yet Jesus pronounced this judgment on them:

"And you, Capernaum, will you be exalted to heaven? You will be brought down to Hades. For if the mighty works done in you had been done in Sodom, it would have remained until this day" (Matthew 11:23).

Exposure without response leads to judgment.
Proximity without surrender leads to condemnation.
Seeking without receiving leaves you emptier than before.

Could you be Capernaum?

Have you grown up in church, heard countless sermons, seen God work, maybe even experienced miracles—and yet you've never truly surrendered? You've observed Christianity, but never partaken of Christ?

Or maybe you once followed closely, but over time you've drifted back to feeding on the world's empty calories, wondering why you're still spiritually hungry?

From Spectator to Participant

There's a moment in many basketball games where thousands of people fill the arena. They're cheering, engaged, excited. But how many people are actually playing the game? Ten. Just ten players on the court.

The rest are spectators.

Jesus isn't looking for spectators. He's not building an audience. He's building a family, a body, a bride.

He's calling you from the stands to the court.

The question is: **Are you a partaker or just an observer?**

Partaking means:

- Jesus has access to your money, not just your Sunday mornings
- Jesus has authority over your relationships, not just your religious activities

- Jesus controls your calendar, your ambitions, your entertainment, your pain, your pleasure
- Jesus permeates every cell of your being, not just the "spiritual" parts

That's what it means to eat His flesh and drink His blood—to let Him invade and transform every corner of your existence.

The Invitation Still Stands

Here's the beautiful part of this story that we can't miss:

Despite their grumbling, their misunderstanding, their selfishness—Jesus still offers Himself.

"I am the bread of life. Whoever comes to me shall not hunger, and whoever believes in me shall never thirst."

Whoever.

Not "whoever is good enough." Not "whoever has it all figured out." Not "whoever has been seeking me for the right reasons."

Just **whoever comes**.

And then He adds this promise that makes my heart soar:

"Whoever comes to me I will never cast out" (John 6:37).

Never. Not ever. Not when you mess up. Not when you doubt. Not when you come for the wrong reasons and He has to redirect your heart. Not when you've been seeking Him selfishly and need to repent.

If you come, He will receive you.

So What Now?

If you've made it this far in this blog post, let me leave you with three challenges:

1. Examine Your Motives

Take an honest inventory. Why do you seek Jesus? What would change about your faith if Jesus never did another thing for you? Ask Him to reveal any selfish motives and to give you a heart that seeks Him for who He is, not just what He can do.

2. Surrender Your Expectations

Where have you been resisting Jesus because He doesn't fit your expectations? What area of your life have you been holding back from His control? Name it. Confess it. Surrender it. Let the real Jesus—not the one you created—have full access.

3. Move from Spectator to Participant

Stop observing from the stands. Get in the game. Let Jesus permeate every part of your life. This week, identify one practical way you can "partake" more fully—maybe it's starting each day in Scripture, surrendering your finances, having a hard conversation, serving someone in need, or finally dealing with that sin you've been hiding.

The Bread Is Still Fresh

The crowd in John 6 walked away because they wanted bread for their bellies, not bread for their souls.

But the Bread of Life is still on the table.

He's still inviting: "Come to me."

He's still promising: "You will never hunger."

He's still guaranteeing: "I will never cast you out."

The question is: Will you come?

Not on your terms, but on His.

Not to use Him, but to receive Him.

Not to observe Him, but to partake of Him.

He's waiting. The feast is prepared. The Bread of Life is calling your name.

Come and eat.

A Prayer:

Jesus, I confess that too often I've sought You for what You can give me rather than for who You are. I've wanted a Jesus who fits into my life rather than a Jesus who takes over my life. Forgive me. I come to You now, not with demands, but with surrender. You are the Bread of Life, and I am hungry—hungry for You, not just for what You can do for me. I receive You fully. I surrender completely. Take every part of my life and make it Yours. I don't want to be a

spectator anymore. I want to partake. Fill me with Yourself until I overflow. In Your name, Amen.

What about you? Have you been seeking Jesus or just using Him? I'd love to hear your thoughts in the comments below. Let's have an honest conversation about what it really means to follow Jesus—the real Jesus, not the one we've created.

And if this post resonated with you, would you share it with someone who might need to hear it? Someone who's spiritually hungry and searching for satisfaction in all the wrong places? Let's point them to the Bread of Life.

Related Resources:

- Read the full passage: John 6:22-59
- Listen to the full sermon: [\[Link to sermon\]](#)
- Download the 5-Day Devotional: [\[Link to devotional\]](#)
- Join a Small Group: [\[Link to small groups\]](#)