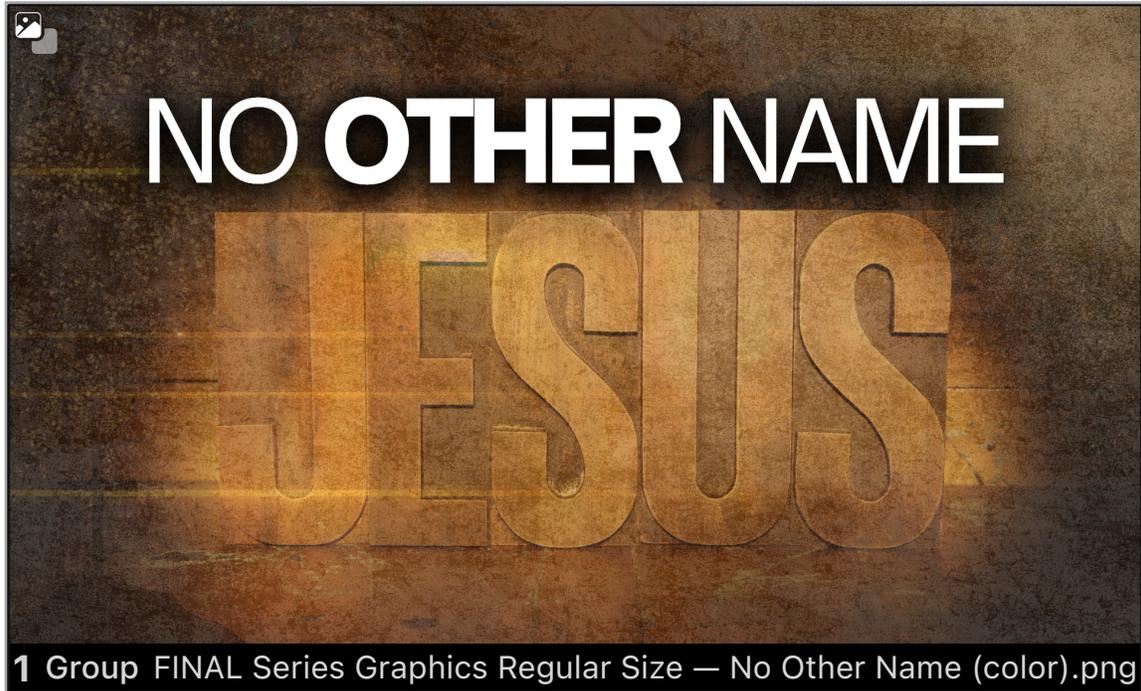
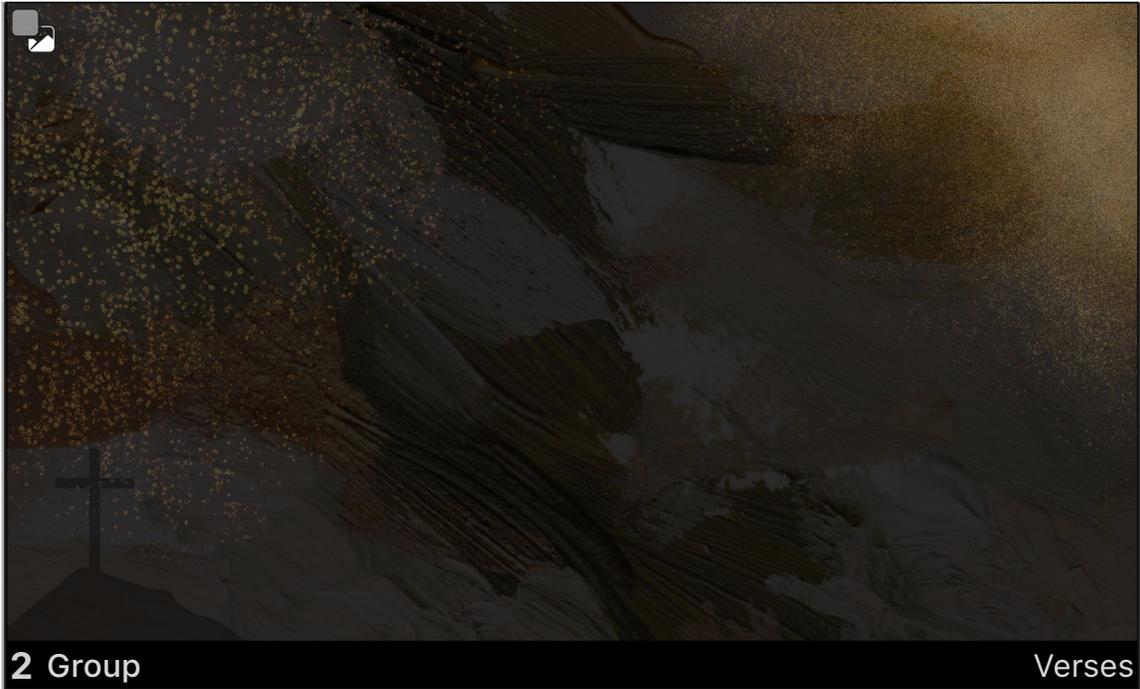


Mar 8, 2026

2026\_03\_08 I Am the Bread\_John 6





2 Group

Verses

**The next day, the crowd that had stayed on the other side of the sea saw there had been only one boat. They also saw that Jesus had not boarded the boat with his disciples, but that his disciples had gone off alone.**

3 Group

**Some boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. When the crowd saw that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, “Rabbi, when did you get here?”**

**4**

**Jesus answered, “Truly I tell you, you are looking for me, not because you saw the signs, but because you ate the loaves and were filled. Don’t work for the food that perishes but for the food that lasts for eternal life, which the Son of Man will give you, because God the Father has set his seal of approval on him.”**

**5**

**“What can we do to perform the works of God?” they asked.**

**Jesus replied, “This is the work of God—that you believe in the one he has sent.”**

**6**

**“What sign, then, are you going to do so that we may see and believe you?” they asked. “What are you going to perform? Our ancestors ate the manna in the wilderness, just as it is written: He gave them bread from heaven to eat.”**

**7**

**Jesus said to them, “Truly I tell you, Moses didn’t give you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is the one who comes down from heaven and gives life to the world.”**

**Then they said, “Sir, give us this bread always.”**

**8**

**“I am the bread of life,” Jesus told them. “No one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again. But as I told you, you’ve seen me, and yet you do not believe. Everyone the Father gives me will come to me, and the one who comes to me I will never cast out.**

**9**

**For I have come down from heaven, not to do my own will, but the will of him who sent me. This is the will of him who sent me: that I should lose none of those he has given me but should raise them up on the last day. For this is the will of my Father: that everyone who sees the Son and believes in him will have eternal life, and I will raise him up on the last day.”**

**10**

**Therefore the Jews started grumbling about him because he said, “I am the bread that came down from heaven.” They were saying, “Isn’t this Jesus the son of Joseph, whose father and mother we know? How can he now say, ‘I have come down from heaven’?”**

**11**

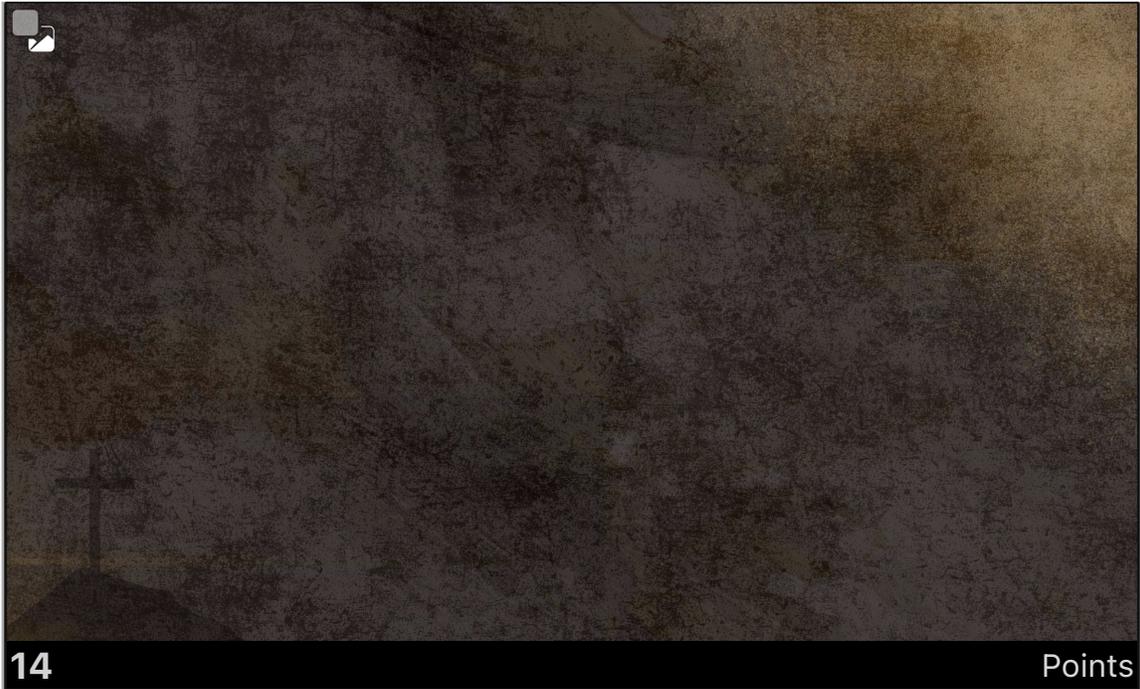
**Jesus answered them, “Stop grumbling among yourselves. No one can come to me unless the Father who sent me draws him, and I will raise him up on the last day. It is written in the Prophets: And they will all be taught by God. Everyone who has listened to and learned from the Father comes to me— not that anyone has seen the Father except the one who is from God. He has seen the Father.**

**12**

**“Truly I tell you, anyone who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven so that anyone may eat of it and not die. I am the living bread that came down from heaven. If anyone eats of this bread he will live forever. The bread that I will give for the life of the world is my flesh.”**

**John 6v22-51 (CSB)**

**13**



14

Points

**True satisfaction does not come from what Jesus can give us, but from Jesus himself.**

15

Train in **trust**.

16

“Whoever **comes** to me... whoever **believes** in me...”  
John 6v35 (CSB)

17

## **MANNA**

**M – Meet:** Quiet your heart, remove distractions, and intentionally enter God's presence, inviting the Holy Spirit to guide your time.

**A – Absorb:** Read the Scripture slowly and attentively, noticing what stands out and allowing the words to settle deeply into your heart.

**N – Nourish:** Meditate on the passage and reflect on what God may be revealing about himself, your life, and the truth he wants you to receive.

**N – Nurture:** Identify how God is inviting you to respond today by holding onto a truth and letting it shape your thoughts, actions, and attitudes.

**A – Align:** Close in prayer, surrendering your heart and life to God and committing to live in alignment with what he has shown you.

18

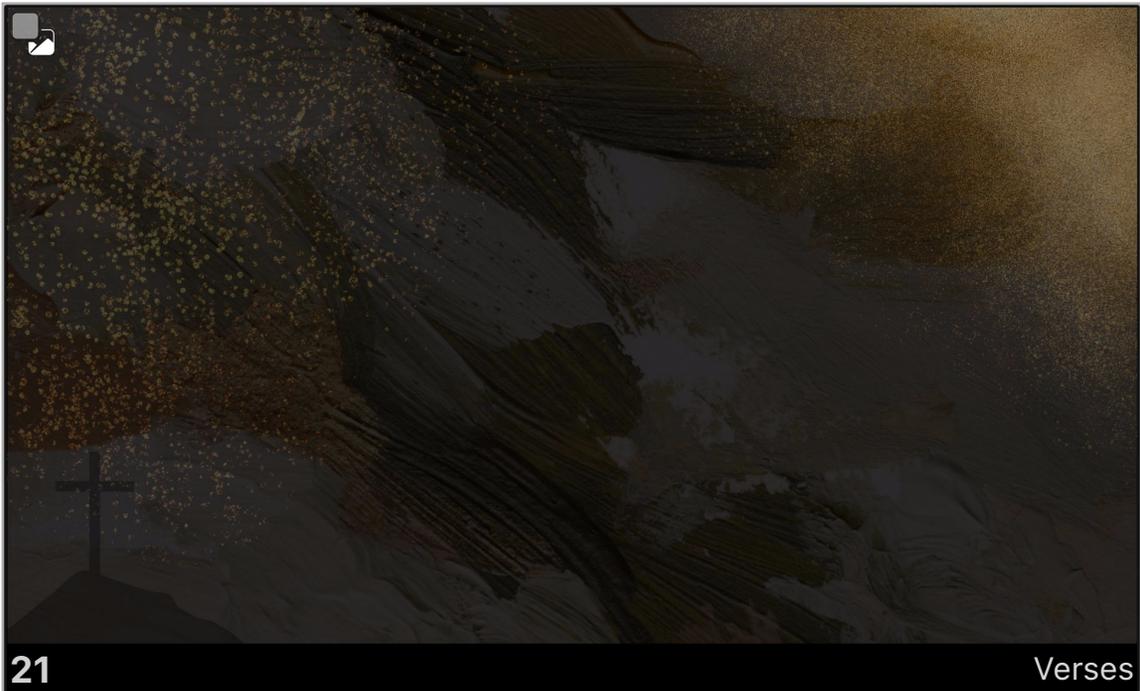
**“I want deliberately to encourage this mighty longing after God. The lack of it has brought us to our present low estate. The stiff and wooden quality about our religious lives is a result of our lack of holy desire. Complacency is a deadly foe of all spiritual growth. Acute desire must be present or there will be no manifestation of Christ to his people. He waits to be wanted. Too bad that with many of us he waits so long, so very long, in vain...we must simplify our approach to him. we must strip down to essentials...put away all efforts to impress, and come with the guileless candor of childhood. If we do this, without doubt God will quickly respond.”**

**A.W. Tozer**

19

**Pray: “Jesus, you are my bread today, I need nothing else. Not my productivity, reputation, or my plans. Holy Spirit, I want to know you, but my cowardly heart fears to give up the things I most depend on outside of you. Help me in believing YOU ARE ALL I NEED.”**

20



21

Verses

**O God, I have tasted your goodness, and it has both satisfied me and made me thirsty for more. I am painfully conscious of my need of further grace.**

**I am ashamed of my lack of desire. O God, the Triune God, I want to want You; I long to be filled with longing; I thirst to be made more thirsty still.**

**22**

**Show me Your glory, I pray, that I may know You indeed. Begin in mercy a new work of love within me. Say to my soul, "Rise up, my love, my fair one, and come away." Then give me grace to rise and follow You up from this misty lowland where I have wandered so long.**

**In Jesus' name,  
Amen.**

**23**

