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Begin this time by reading the seven "l AM" statements aloud as a group:

- 1) Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35 (The Bread of Life)
- 2) When Jesus spoke again to the people, he said, "I am the light of the world.
 Whoever follows me will never walk in darkness, but will have the light of life."

 John 8:12 (The Light of the World)
- 3) "I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture." John 10:9 (The Door or The Gate for the Sheep)
- 4) I am the good shepherd. The good shepherd lays down his life for the sheep..."I am the good shepherd; I know my sheep and my sheep know me." John 10:11,14 (The Good Shepherd)
- 5) Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" John 11:25-26 (The Resurrection and the Life)

- 6) Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." John 14:6 (The Way and the Truth and the Life)
- 7) "I am the true vine, and my Father is the gardener...I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." John 15:1, 5 (The True Vine)
- Which of these statements are you holding fast to this week? Which of these great truths about Jesus refreshes your heart today?
- What are some of the service projects that you thought the group could do together? Spend a few minutes deciding on a project that your group will participate in for week 5. Be intentional about sharing responsibilities and communicating with all of the members of the group.

Watch Vídeo:

As a group, watch the series video, "The Bread of Life"

In The Word:

Read Exodus 16:1-26

- What is the complaint of the people to Moses? How would you describe God's response to their complaint?
- What does this passage tell us about God's character and compassion for people?
- What does this passage teach us about provision and our needs?

Read John 6:25-59

- What is the connection that Jesus makes between the people seeing the signs and having their fill?
- What does Jesus say is the work of God?
 What does this passage tell us about
 Jesus and His mission?
- What is the purpose of bread? What is the promise that Jesus gave regarding Himself as the bread of life?
- How is that good news for us today?
 How would you explain this truth to an unbeliever?

Prayer:

Spend time in praise and prayer, thanking God for the good gifts that He has given you. Thank God for your daily provision and nourishment and how He sustains you.

Apply:

- Take inventory this week as to what you are working towards. Are you living for the food that will spoil or the food of eternal life? What does your dependence upon God look like?
- Take time each day this week to write out all of the things that you are thankful for.
 Be as specific as possible in writing them as you praise God for His provision and care.

Memorize

Then Jesus declared, "I am the bread of life.

Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

– John 6:35