

I Am [The Bread Of Life]

Discussion Guide

Summary

This sermon focuses on Jesus' statement 'I am the bread of life' from John 6:35. Wes explains that just as bread was essential for survival in biblical times, Jesus is essential for our spiritual life. He emphasizes that while people often try to fill their inner void with things like social media, relationships, or achievements, only Jesus can truly satisfy our spiritual hunger and thirst.

The message highlights that many people chase after what Jesus can do for them rather than pursuing a genuine relationship with Him. Wes also stresses that while we don't need to be perfect to come to Jesus, we do need to prioritize our relationship with Him through reading Scripture, prayer, worship, and fellowship with other believers.

Intro Prayer

Dear Lord, as we gather to discuss Your Word, open our hearts and minds to understand what it means that You are the bread of life. Help us to be honest about what we're truly hungry for and guide our conversation to reveal Your truth. In Jesus' name, Amen.

Ice Breaker

Besides food, what's something you find yourself craving or wanting more of on a regular basis?

Key Verses

- John 6:35
- John 6:26-27
- Matthew 4:4
- Proverbs 27:17

Questions

- What are some ways people try to fill their spiritual hunger with things other than Jesus?
- Why do you think Jesus chose to compare Himself to bread specifically?
- How can we tell the difference between following Jesus for who He is versus what He can do for us?
- What are some practical ways we can 'feed' on Jesus daily?
- How has social media or technology affected your spiritual life, both positively and negatively?
- What makes it challenging to prioritize time with Jesus in our daily lives?
- How has Christian fellowship helped you grow in your faith?
- What does it mean to you personally that Jesus is the bread of life?

Life Application

This week, evaluate how you spend your time and identify what you're truly 'hungry' for. Choose one specific way to intentionally spend more time with Jesus each day, whether through prayer, Bible reading, or worship. Keep track of how this affects your spiritual satisfaction compared to other activities.

Key Takeaways

- Only Jesus can truly satisfy our spiritual hunger and thirst
- We need Jesus for daily spiritual sustenance, not just occasional nourishment
- Jesus accepts us as we are - we don't need to be perfect to come to Him
- Genuine relationship with Jesus requires regular time in prayer, Scripture, and fellowship
- Nothing else can substitute for Jesus in filling our spiritual void

Ending Prayer

Jesus, thank You for being the bread of life that truly satisfies our deepest hunger. Help us to stop filling ourselves with things that don't last and turn to You for our daily spiritual nourishment. Give us the wisdom and discipline to prioritize our relationship with You above all else. It's in your name, Jesus', we pray. Amen.