

Big Idea: It is only when we depend on Jesus as the source of our spiritual nourishment that we gain eternal life.

Difficult to Follow

Some leaders make it difficult to follow them. They say or do things that just aren't reasonable. Believe it or not, Jesus did and said some things that made it difficult for His followers. An excellent leader, Jesus still said some things that were not easy to grasp.

Spiritual Hunger

Just as there is a physical hunger that only physical food can satisfy, there is a spiritual hunger that only spiritual food can nourish. In John 6 Jesus contrasts physical food that satisfies for a moment and spiritual food that is eternal. It is in this context that Jesus makes the following statement: *"Whoever eats my flesh and drinks my blood has eternal life..."*

For a Jew, that wasn't merely confusing. It was offensive. The Law specifically prohibited the consumption of blood (Leviticus 17). Drinking blood was unthinkable. Pagans drank blood. This wasn't difficult because it was complicated. It was difficult because it challenged everything they thought they knew. And Jesus wasn't backing down as many of His followers simply walked away.

Q1: What am I feeding my soul? Many of us are trying to satisfy a spiritual hunger with things that were never designed to satisfy us. **Application:** When I'm empty, where do I go first? Do I immediately reach for another distraction? Another purchase? Another accomplishment? Or do I turn to Christ?

Q2: Am I looking for Jesus or just what Jesus can do for me? The crowd wanted bread. Jesus offered Himself. The crowd wanted another miracle. Jesus offered eternal life. That tension still exists today. **Application:** If Jesus didn't immediately solve my problem, would I still want Him? That question gets to the heart of discipleship.

Q3: Has Jesus become a part of my life or the source of my life? It is common for people to "add" Jesus to their lives. Jesus is one piece, along with other pieces, but Jesus is not describing addition. He's describing dependence. **Application:** Is Jesus someone I occasionally consult, or someone I continually depend upon?

Q4: What am I consuming every day? We consume something every day – From news to Netflix, social media to sports. None of those things are inherently bad. But whatever we consume consistently shapes us. **Application:** What is shaping my thinking more right now—culture or Christ?

Q5: Am I still hungry? Many people sitting in church have a good job, nice home, healthy family, and yet they still feel something is missing. **Application:** Could the emptiness I feel actually be spiritual hunger?

Family Night – Read John 6:41-59

- **Elementary School** – Ask, "Who is the only person ever to see God (v.46)? What did the people eat in the wilderness (v.49)? What did Jesus call Himself in v.51? What do we gain when we take the bread Jesus offers (v.51)?"
- **Middle/ High School** – Ask, "How do people get to God (v.44)? How does God 'draw' us? What was Jesus' point in vv.53-54? How do we show that we depend on Jesus? Why should Jesus be the center of our life?"

Prayer: "Father, we want to depend on Jesus for life. Only He can fulfill us. Amen."

Velocity (Middle and High School Students)

Velocity: No Velocity this week.

Gravity: No Gravity Today.

Today's Songs

How Good It Is.....Chris Tomlin

Holy Forever.....Chris Tomlin

All My Fountains..... Chris Tomlin

GCC Building Fund

We are planning to build a small storage building. The estimate is \$50,000. Please consider giving to our building fund. You can give online, use a building fund envelope available at the welcome desk, or you can write a check and mark it "Building Fund."

Velocity Rafting Trip is June 22-26.