

**John-14**  
**“Jesus the Bread of Life”**  
**John 6:22-47 (NIV)**

Hey Newsong!

I want to take a second and welcome our first-time guests and those watching online! Okay...what book of the Bible are we in?

That's right...we're walking verse by verse through the Gospel of John...

John was Jesus' best friend...and he wrote his eye witness testimony about Jesus after Matthew, Mark & Luke wrote theirs...

Matthew's focus is to show that Jesus is King...He's the Messiah

Mark's focus is to show that Jesus is our suffering Servant...

Luke's focus is to show us that Jesus is the Son of Man...

John's focus is to show us that Jesus is the Son of God...He is God in the flesh...

Series Verse

***31 But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.-Jn 20:31 (NIV)***

Today we're going to cover the first of the seven "I Am" statements that Jesus makes in the Gospel of John...

Who's excited to hear the Word of God this morning?

Now let me remind you of what's going on in chapter six...

Jesus fed over 5,000 people by multiplying a little boys lunch...Remember, Jesus sees your need...Pastor Jacob preached a great message...

All the people who just got a free lunch...They want to force Jesus to be King...Let's take out Rome...Jesus is like nope...BTW you can't force God to do anything...He's God not a genie in a bottle...

Jesus tells His disciples to get into the boat and get to the other side of the lake while He goes and prays...

A storm comes...Jesus' disciples are struggling in this storm...Jesus comes to them walking on the water...gets them through the storm and onto the other side...Jesus does the same for us...when we're in the middle of our storm!  
If you missed any of these messages you've got to go back and study them...

Temporary things can't **SATISFY**

**John 6:22-27 (NIV)**

How many of you would say that you love food?  
One of the things I love about living here in  
NYC is the food!

People don't just come to see Times Square, or  
The Statue of Liberty...they come for the food!

According to Google...

Tourists want to try Food Trucks

Halal Chicken...

Gyro...

Glizzy...

They want a NY slice (Tommy's Pizza)

They want a Pastrami sandwich (Katz)

They want a NY Bagel (Empire Bagles)

Do you want Indian food? Jackson Diner in  
Jackson Heights Queens...

Do you want Chinese food? Big Wong's in  
China Town

Do you want Italian food? Patricia's Morris  
Park...

Cannoli (Gino's Pastry Shop in Little Italy BX)  
Cheesecake (Juniors)

I could go on and on...

The sad thing about food is that once we  
experience it...We eventually become hungry  
again...Our bodies are only temporarily  
satisfied!

This large crowd of people are seeking after  
Jesus because he fed them yesterday...and I'm  
sure that it was the most amazing fish sandwich  
ever...but now they're hungry again...

Jesus calls out their motive...

**26 Jesus answered, *“Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill.*”**

You see, most people care more about temporary things than eternal things...

Last year Americans spent over \$109 Billion on beauty products...

\$61 Billion on fitness...over \$819 Billion on entertainment...everything from movies to streaming services to sport events...

Now there's nothing wrong with looking good...taking care of your body...having fun..being entertained...My point is that these things are only temporary...

They never truly satisfy us...

Our body will grow old...we can patch them up...we can dye the gray, cover the bald, trim the fat...

You can put a barbed wire tattoo over that massive bicep of yours...but in 50 years it's going to look like a picket fence...It just happens!

Our favorite bands break up...Our favorite artists eventually grow old and become irrelevant...

When you think about it...everything in this life is really temporary...That's Jesus' point...You're seeking Me because you're physically hungry again...but I've got something that will feed your soul...

***27 Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.-Jn 6:26–27 (NIV)***

So many people want something from Jesus for this life...they want health, wealth and comfort...they want the bread without the teaching...

They want to feed their bodies but not their souls...they want Jesus to improve their life...but they are not interested in eternal life...

Think about your daily routine...

You get up...you take care of your body...

You exercise...you eat...you shower...

You do your hair...etc

We spend a lot of time taking care of our body...What about our soul? Our soul is eternal...yet some people never feed their soul...

You may be here thinking...Hey I'm in church...I'm feeding my soul that's true! But what about the other six days out of the week?

How would your body feel if you only ate once a week? Maybe you're here today and you're realizing that you're not spending enough time nourishing your soul...

Prayer...

Bible Reading...

Worship...

Fellowship...

Building up your inner life so that you can live out your God-given purpose and calling in your outer life...

**8 “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”-1 Ti 4:8 (NLT)**

Ask yourself this question...

Am I taking better care of my body or my soul?

God wants us to take care of both...

Am I chasing after things in this life that are only temporary? Money, Success, Security, Popularity...Or am I chasing after Jesus who gives eternal life?

Am I using Jesus or Seeking Him?

So Jesus says...Hey guys...

***27 Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.***

***28 Then they asked him, “What must we do to do the works God requires?”*** Notice that they totally missed what Jesus just said to them...

He said don't work for temporary things instead He will give them eternal life...but they're stuck on working for it...Religion will always require you to work for your salvation...

In Judaism follow the Law of Moses...

In Buddhism follow the Eight Fold Path...

In Hinduism do good deeds to get rid of bad Karma...

In Islam pray five times a day and do good deeds...

Jehovah Witnesses need to study the Bible and other Watch Tower resources, and submit completely to the Watch Tower organization...

Every religion or cult has requirements...works... that must be fulfilled in order to achieve "salvation"

People think that if they have the right formula...if they do the right things...they will please God enough to earn His love and acceptance...

Okay Jesus...we want the bread that you're talking about...so tell us what we've got to do!

**29 Jesus answered, “The work of God is this: to believe in the one he has sent.”**

Jesus is like... “You don’t have to “do” anything you just have to believe or trust in Me that’s it...

**30 So they asked him, “What sign then will you give that we may see it and believe you? What will you do?”**

Now what’s wrong with this question? Just yesterday Jesus miraculously fed them...Have you ever heard someone say...If I could just see God...I would believe in Him?

If Jesus just showed up...I would believe in Him? In the world...you see first and seeing is believing...That’s not faith...

In the Kingdom you believe first and then you see...**11 Now faith is the substance of things hoped for, the evidence of things not seen.**  
**-Heb 11:1 (NKJV)**

The reality is...They just what Jesus to do something for them...they don't want to put their faith in Him...They just want more food...

So now they compare Jesus to Moses...

**31 Our ancestors ate the manna in the wilderness; as it is written: 'He gave them bread from heaven to eat.'**” They're basically saying bro...that lunchable that You gave us yesterday was good...but Moses fed us everyday for 40 years...You want us to believe in You...You need to up your game!

**32 Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. 33 For the bread of God is the bread that comes down from heaven and gives life to the world.”**

Now Jesus is talking about Himself here...but the crowd still thinks He's talking about actual physical bread...They want bread everyday...

**34 “Sir,” they said, “always give us this bread.”-Jn 6:27-34.**

Now how many of you are bread people? Come on...warm Italian bread? How about those Texas Road House Rolls...with the butter...and the goodness? Could you eat that every day? Yes and Amen!

Remember, bread in this culture was pretty much the meal...it had some other things with it...some figs, some olives, some wine...but bread was essential to survive...

So, no wonder they want this daily supply from Jesus...Now look at what Jesus says next...It's our first “I Am” Statement...

**35 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.**

**36** *But as I told you, you have seen me and still you do not believe. 37 All those the Father gives me will come to me, and whoever comes to me I will never drive away. 38 For I have come down from heaven not to do my will but to do the will of him who sent me. 39 And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. 40 For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.*"-Jn 6:35–40 (NIV)

## **Jesus is the Bread that truly SATISFIES**

Jesus has this crowd right where He wants them...they're crying out "give us bread for life"  
We want Panara everyday...

They wanted daily bread for life...

Jesus is the Bread that gives life...

In the Greek language there's three words used to describe the English word "life"

**Bios:** It's used in describing physical life...It's where we get the word biology

**Psuche:** It's used in describing your inner life...your thought life...your personality...It's where we get the word psychology

The Greek word Jesus uses when He says "I am the Bread of life" isn't Bios, or Psuche

He uses the word **Zoe:** It means the eternal life that comes through Jesus...John uses it over 30 times in His Gospel...It's life that is everlasting...

Jesus uses this same word Zoe later on in Jn 14...you'll recognize this...

***6 Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me-Jn 14:6 (NLT)***

He's more than biological life or thought life...He is the Zoe...The Life!

***10 The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.-Jn 10:10 (NKJV)***

Jesus gives us an abundant life...That's Zoe  
The NLT says "rich & satisfying"  
The NIV say "have life to the full"

In other words a life that is overflowing...  
Jesus is saying, "I've come so that the whole world might have an overflowing life"

Now think about this...how many people do you know that really don't live an overflowing life?  
They're working for everything that this life has to offer...

When they hear about the Zoe that Jesus offers they don't want it...People think following Jesus means that you'll no longer have any "fun"

In reality, the opposite is true...I didn't start living until Jesus found me! I thought I was having "fun" when I was out in the world...but I was a blind man searching for something more...

I was a dead man walking around...

I was a zombie feeding my flesh...

I thought I was having fun...but I was miserable on the inside...

I was sinking in the muck and the mire of my sin...But then Jesus found me!

Jesus met me in my mess...

He didn't offer me a hand out...something that was only temporary...He offered me a hand up!

He pulled me up and out of my dead life...

He gave me a new life...

He gave me a full life...

He gave me an abundant life...

Now my life has purpose...

Now my life has meaning...

Now it doesn't matter if this life makes me  
"happy" because the Zoe life gives me joy!

Jesus is the Bread that satisfies!

Evangelist Billy Sunday used to say *"If you  
have no joy, there's a leak somewhere in your  
Christianity"*

Jesus is saying look...everyday you get up and  
you make the bread, you bake the bread, you  
break the bread...and that will get you through  
this life...but it won't give you eternal life...

You need Me...I Am the Bread of Life...

Wow that's great news isn't it? Yeah everybody doesn't think so...

**41 At this the Jews there began to grumble about him because he said, "I am the bread that came down from heaven." 42 They said, "Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I came down from heaven'?"**

People still do this today...The idea that Jesus is the Son of God and the only way to Heaven is actually offensive to other religions...

Jesus mentions that He has come down from Heaven six times in this conversation...that's offensive to them!

The idea that we are all sinners and in need of God's forgiveness is offensive to people...

**43 "Stop grumbling among yourselves," Jesus answered.**

**44** *“No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. 45 It is written in the Prophets: ‘They will all be taught by God.’ Everyone who has heard the Father and learned from him comes to me. 46 No one has seen the Father except the one who is from God; only he has seen the Father. 47 Very truly I tell you, the one who believes has eternal life.-Jn 6:41–47 (NIV)*

Now some of you may be reading this and thinking there seems to be a contradiction here...Jesus says in verse 37: **37** *All those the Father gives me will come to me, and whoever comes to me I will never drive away.*

But in verse 44 Jesus says: **44** *“No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day.*

On one hand it seems like Jesus is saying that you can only come to Him if the Father draws you...calls you...invites you...elects you

On the other hand it seems like Jesus is saying anyone can come they only have to believe choose to come to Him

So which is it? Are we pre-selected and chosen by God for salvation, or do we choose to come to Him of our own free will?

The answer is yes!

God in His sovereignty elects us, chooses us, draws us to Jesus through the Holy Spirit...God invites us to follow Jesus...

We choose whether or not to accept the invitation...It's a doctrine called "prevenient grace"

I'm going to borrow an analogy from Skip Heitzig...

This past Saturday, PC and I traveled to Savannah GA for our son's wedding...

We got to JFK early at 5am on Wednesday morning...

Now, Jetblue flight B6 1841 from JFK to SAV was scheduled long before we chose to book our flight...

The FAA had previously determined everything...board in NY at 8:27am arrive in Savannah at 10:59am

It was a packed flight, which means that all of us had decided to fly to Savannah on that day, at that time and in that plane...

We all chose to get on that plane...while we were on the plane we were all free to make all kinds of choices...watch a movie, sleep, read, eat plantain chips...

The whole time that we were making choices, and living with those choices...that plane was flying to its predestined port...

All through the Bible we see that God elects, predestines, chooses, invites, draws people, while at the same time, sovereignly enables people to make their own choice to come to Him and cooperate with Him!

Does God in His foreknowledge ultimately know who will be saved? Yes He does! But His desire is that all would be saved...all would trust in the Bread of Life!

As we come to a close today, I want to take a closer look at what happens when we choose to come to Jesus...

Jesus **SAVES** us

***47 Very truly I tell you, the one who believes has eternal life.-Jn 6:47 (NIV)***

That's salvation...You will have Zoe because Jesus is the One who conquered death for you...

You may be here and your wondering what does it mean to be saved?

I remember the first time my Uncle shared Jesus with me...he said I needed to be saved, I was like saved from what?

Then he explained to me that all of us have sinned against God...

But that God in His love for us sent His One and only Son Jesus to save us...

He paid the penalty for our sin on the cross and then He rose again on the third day beating hell, death and the grave...

And now we can come to Him...Not everyone believes...not everyone comes to Him...but anyone who will come He never turns away!

How do I come to Jesus when He's not physically here on earth? Coming to Him means we must turn away from sin and turn to Jesus...That's repentance and faith...

We separate ourselves from our sin and surrender to Jesus as Lord and Savior...

Charles Spurgeon said...

*"You and your sin must separate or you and your God will never come together"*

Many people don't have eternal life because they don't want to separate from their sins and surrender to and submit to Jesus...

In Jesus' Sermon on the Mount Jesus said...

**13 “You can enter God’s Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way. 14 But the gateway to life is very narrow and the road is difficult, and only a few ever find it. Mt 7:13-14 (NLT)**

The gate to eternal life is narrow...It's like a turnstile...it only admits one person at a time...and it's not like the MTA turnstiles where you can jump over them, or two people can go through at the same time...

Every person must choose for themselves to come to Jesus...

But if you come to Jesus by turning from your life of sin and surrendering your life to following Jesus, through repentance and faith...you are saved!

Jesus doesn't just save you...

Jesus **SATISFIES** us

***35 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.-Jn 6:35 (NIV)***

Again...this goes back to the idea that everything about this life is temporary...it doesn't satisfy...we all have a God-shaped hole in our hearts that can only be filled by Jesus...

People are looking for something beyond this life that will satisfy this deep longing...

Everybody has it...Even people who seem like they have everything this life can offer...

Actor and comedian Jim Carrey said  
*“I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it’s not the answer”*

Elvis Presley, the night before he died wrote *“I feel so alone”*

Albert Einstein (The guy this community center is named after) wrote *“It’s ironic that I am so known universally but so lonely inside”*

Iconic rock star Freddie Mercury said *“You can have everything in the world and still be the most lonely man. Success has brought me world idealisation, and millions of pounds, but it’s prevented me from having the one thing we all need. A loving, ongoing relationship.”*

Actor and Comedian Russell Brand who rose to fame in the early 2000s and was famous for his promiscuity, heavy drug use and marrying Katy Perry once said *“Drugs and alcohol are not my problem. Reality is my problem. Drugs and alcohol are my solution, to fill up a hole inside of me.”*

That’s all of us...Everything you’re working for and striving for and fighting for...everything you're using to fill that hole in your heart will not satisfy you and will fade away!

Why would God create us with this hunger and thirst that can’t be satisfied? So that we will turn to the Bread of Life!

In fact, a year or so ago Russell Brand gave his life to Jesus, and was baptized last year...

He posted this on X the other day... *“Fame isn’t the answer. Sex isn’t the answer. Money isn’t the answer. Politics isn’t the answer. Winning the culture war isn’t the answer. Religious war isn’t the answer. Jesus is the answer”*

Augustine famously wrote *“Our hearts are restless until they rest in You” (God)*

Jesus offers us salvation...He offers us satisfaction...

Jesus **SECURES** us

***40 For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”-Jn 6:40 (NIV)***

Jesus repeats this phrase “and I will raise them up at the last day” three times...Why does He do that?

He's letting us know that when we come to Him and trust in Him our salvation is secure...Even if you die (and we all will unless He comes back first) there will be a resurrection of your physical body...Your salvation is secure!

Not only is our future secure...He's with us right now...through every hill and valley...in every high and every low...The Bread of Life is sustaining us, providing for us every single day!

Jesus is saying...

You can't work for these things...you can't earn these things...these things are a gift given to you...you only have to believe in Me!

As we close today...

We see that the crowd really just wanted bread...they didn't want the Bread of Life...

How about you?

Are you just looking for what Jesus can give you in this life?

Or are you ready to receive Jesus as the Bread of Life?

**What's the Holy Spirit saying to you?**

What are you hungry for?

Have you been trying to satisfy your hunger with other things?

Things that are temporary...

Things that won't satisfy...

Come to Jesus...

Trust in Jesus...

Receive Jesus...

**Altar Time**