



# Bread of Life

Matt Sturdevant  
Lead Pastor  
October 5, 2025

Jesus said to them, "I am the **bread of life**; whoever comes to me shall not hunger, and whoever believes in me shall never thirst." John 6:35 ESV

## Context for John chapter 6

- The five miracles Jesus performed before His "I AM the Bread of Life" statement are physical demonstrations of Jesus' \_\_\_\_\_, while His "I AM" statements are spiritual revelations of Jesus' \_\_\_\_\_
- The five miracles:
  - Turning water into wine (John 2:1-12)
  - Healing an official's son (John 4:46-54)
  - Healing the lame man (John 5:1-17)
  - Feeding of the 5,000 (vv. 1-15)
  - Jesus walks on water (vv. 16-21)

## Jesus: "I AM the Bread of Life"

John 6:22-59; Exodus 16

<sup>47</sup>Truly, truly, I say to you, whoever believes has eternal life. <sup>48</sup>I am the **bread of life**. <sup>49</sup>Your fathers ate the manna in the wilderness, and they died. <sup>50</sup>This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup>I am the **living bread** that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh."

John 6:47-51 ESV

## Profound spiritual truths found in the "bread" metaphor:

- Not cannibalism, but \_\_\_\_\_
- Just as food is useless unless it is eaten, so also spiritual truth does no good if it's not \_\_\_\_\_
- Eating involves \_\_\_\_\_
- Eating is \_\_\_\_\_



Online Notes

Follow us for encouragement during the week --->



@hopechurchfw



HopeCFW

KEEP  
READING  
➔

## What does this mean for me?

- Only \_\_\_\_\_ satisfies
- I must be nourished every \_\_\_\_\_
- I can experience real life in the \_\_\_\_\_ and eternal life
- I must choose my \_\_\_\_\_ to the “Bread of Life”
  - Rejection (vv. 41-42)
  - Temporary/shallow faith (vv. 60-66)
  - True faith (vv. 67-71)

### Memory Verse:

*Jesus said to them, “I am the **bread of life**; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”*

John 6:35 ESV

## My next step today is to...

- Memorize John 6:35
- Repent and accept Jesus as my Savior and submit to His Lordship for the first time!
- Go public as a follower of Jesus and get **baptized**
- Plan to attend the rest of the *I AM Series* (as much as I can)
- \_\_\_\_\_

## Reflection Questions:

- Have I answered “*Life’s Most Important Question?*” Who do I say Jesus is?
- People try to “feed” their deepest need in all kinds of ways (success, relationships, pleasure, distractions, etc.). Which of these do I tend to rely on? How have they left me unsatisfied?
- Am I “feeding” daily on Jesus Christ? If yes, how?
- What does daily dependence on God look like for me right now?
- What “perishable food” might I be chasing after?
- The three responses to Jesus in John 6 are: rejection, shallow faith, and true faith. Which best describes where I am today? Is that where I want to be? Is that where Jesus wants me to be?
- Eating involves trust. What does it look like for me to trust Jesus with every part of my life?
- Eternal life begins now, not just in heaven. Where have I already experienced Jesus’ peace, joy, or purpose?