

We Believe - Jesus is the Bread of Life (John 6:29-59)

Key verses:

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

I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world" - John 6:51

Opening activity:

1. Describe the most memorable or satisfying meal you've experienced.
2. Name a food item that you can eat daily and not get tired of.

Devotion:

John 6 starts with the event of Jesus's miracle of feeding the five thousands, where a great crowd came to hear Him teach and He performed a miracle by feeding the entire crowd with 5 loaves of bread and 2 small fish. Immediately following this event, the crowd followed Him and Jesus knew that it wasn't because they were genuinely seeking God but because He fed them for free (John 6:26). He then instructed the crowd to not seek food that spoils but for food that endures to eternal life (John 6:27). He went further to explain that He is the bread of life and that whoever comes to Him will never go hungry, and whoever believes in Him will never be thirsty (John 6:35). Furthermore, Jesus declared that this bread is His flesh and that whoever eats this bread will live forever (John 6:51).

This is a cornerstone of Christianity, that Jesus is the only way to eternal life, that whoever believes in Him has eternal life (John 6:47). Apart from this, all else in life (other teachings, material pursuits, relationships) fall short of providing everlasting satisfaction (John 6:53). Jesus taught that gaining eternal satisfaction (life) is not about our own work/doing, or about being a good person, or about following a set of laws, but that eternal life is given to those who genuinely believe that Jesus is who He claims to be.

For Christians, let the metaphor that Jesus is the bread of life serve as a reminder. By relating eating and drinking to eternal life, Jesus was explaining what it means to truly believe in Him. Belief is more than an intellectual understanding; it is a consumption, a filling, a sustaining, a belief that He is the only source of life. We can take food to someone day after day but if they do not eat they will not be nourished. When we do eat, food is digested and distributed to cells in every portion of our body. Taking bread in our hands does not nourish; neither does reading, talking, singing, studying, or reciting about bread provide nourishment. Until we eat the bread and move it into every part of our innermost being, we remain hungry...and dead. Let's all sit at His table daily, receive Him in by faith, and eat! (Excerpt taken from God's Daily Word Ministries at gdwm.org)

Small Group Questions

1. Take a moment to reflect and think. What are you filling your life with (material goods, money, relationships, family/friends, sports, God's Word, etc)? Are these things temporary or are they sustaining you for the long haul?
2. A lot of times these things that we plug ourselves into don't sustain us for the rest of our life. It's important to humble ourselves and to know how God provides us in all

circumstances. In what areas can you improve upon to rely on God's word today? What steps will you take to help you become a stronger believer in Jesus Christ?

Close in Prayer