

### WARM-UP

- What is your favorite food? Why do you enjoy eating it?
- What is one dish you can't eat without rice or bread?
- Tell us about your daily routine and which part you find most satisfaction or comfort in.

**WORD** *"This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live forever."* **JOHN 6:58**

(Read also **JOHN 6:57-69.**)

During the time of Moses, God provided the Israelites with manna from heaven. It was the food that sustained them daily in the wilderness. They would gather manna and turn it into cakes (Numbers 11:7-8). They could get as much as they wanted every morning, but they could not store it until the next day because it would rot and stink. Everyone had enough manna for each day. This picture is a powerful representation of the bread that Jesus gives. While the food we eat is earthly and temporary, the kind of bread Jesus gives is from heaven and is eternal. Today, we will look at how Jesus sustains us in our present lives and the life to come.

## 1 | Jesus is the bread of life.

*"This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live forever."* **JOHN 6:58**

The physical food we eat nourishes our bodies and prevents us from being hungry. It is part of the natural flow of life and crucial for our sustenance. But just as food is from the earth and is only temporary, our bodies will also come to pass. The good news is that Jesus Himself is the bread of life who *comes down from heaven and gives life to the world* (John 6:33). He is the giver of life who sustains us eternally, not just temporally. While it is essential for us to have physical sustenance, our spiritual sustenance is of first importance. Jesus is offering today bread that is better than the manna the Israelites received. How has God's word nourished you and changed the way you live?

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## 2 | We partake of the bread of life through believing in Jesus.

*"For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."* **JOHN 6:40**

Partaking of the bread is putting our faith in Jesus and His redemptive work. It also means walking in relationship with Him. As we continue to feed on His word that gives us life, we learn to crave it more and do away with things that are detrimental to our spirits. The Father's will is that whoever believes in Jesus will experience the fullness of life and life everlasting. How did you come to put your faith in Jesus Christ?

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### 3 | We have a daily choice to partake of Him.

<sup>67</sup>So Jesus said to the twelve, "Do you want to go away as well?"

<sup>68</sup>Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life, <sup>69</sup>and we have believed, and have come to know, that you are the Holy One of God." **JOHN 6:67-69**

When Jesus spoke about being the bread of life, many people could not accept His words. They turned their backs on Him because it was a difficult teaching. Yet, the disciples chose to stay because they knew Jesus and had a personal encounter with Him. In the same manner, we have a choice to feed on His word and experience the life He gives. By communing with God, reading His word, and sharing life with fellow believers, we grow in faith and gain a deeper desire to follow Him. What are some of your habits or practices that help you experience God daily?

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#### APPLICATION

- What do you normally look to in order to feed your inner being? What is one thing you will do differently starting today to feed on God's word instead?
- What does it mean to follow Jesus every day? How do you think you would respond if you heard a hard teaching from Jesus and He asked you if you want to go away as well? Spend some time this week meditating on Simon Peter's response to Jesus' question.
- Do you make a conscious effort to spend time with God on a daily basis? How do you think this could affect other areas of your life, including your relationships?

