

Week Two: 'I am the bread of life.'

OPENING PRAYER

READ | *John 6:28-40*

²⁸Then they asked him, "What must we do to do the works God requires?" ²⁹Jesus answered, "The work of God is this: to believe in the one he has sent." ³⁰So they asked him, "What miraculous sign then will you give that we may see it and believe you? What will you do?" ³¹Our forefathers ate the manna in the desert; as it is written: 'He gave them bread from heaven to eat.'"

³²Jesus said to them, "I tell you the truth, 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. ³³For the bread of God is he who comes down from heaven and gives life to the world."

³⁴"Sir," they said, "from now on give us this bread."

³⁵Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty. ³⁶But as I told you, you have seen me and still you do not believe. ³⁷All that the Father gives me will come to me, and whoever comes to me I will never drive away. ³⁸For I have come down from heaven not to do my will but to do the will of him who sent me. ³⁹And this is the will of him who sent me, that I shall lose none of all that he has given me, but raise them up at the last day. ⁴⁰For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day."

DISCUSS

1. Jesus draws attention to the importance of believing 'in the one [God] has sent', in verse 29. What do you think this really means? Secondly, does Jesus tell us belief is key because he knows we simply forget this truth, or because he knows 'believing' does not come naturally to us and requires continual intentionality?
2. When Jesus says, "I am the bread of life," his own identity and the character of the salvation he offers are brought together. God's provision for his beloved is such that he offers us 'bread' and is himself that 'bread.' How is Jesus 'the bread of life'? How does this enable us to find satisfaction in him uniquely?

APPLY

1. Are there particular circumstances or seasons in life when you struggle to find real satisfaction or contentment? Why can finding satisfaction in Jesus in these times seem difficult?
2. Referring to himself as 'the bread of life' is one way Jesus gives expression to his desire that we would know real satisfaction and contentment in everyday life. Why is this something we have to intentionally cultivate? Practically speaking, how are satisfaction and contentment in Jesus cultivated?
3. Does verse 35 suggest that a follower of Jesus will never want for anything or have unmet needs or expectations--i.e. 'go hungry' or 'be thirsty'? How does finding satisfaction in Christ also allow for our legitimate, ongoing hopes and longings? How/when might the deep desires of our hearts honor God?

CLOSING PRAYER

Prayer suggestions: > that our experience in union and in relationship with Jesus would be truly life-giving
> that we would know satisfaction and contentment in Christ our sustainer, our 'bread'