

# I am the Bread of Life

John 6:25-40

## Key Points:

"I am the bread of life" is one of the "I am" sayings of Jesus, which all assert that Jesus is God. In each of these statements, Jesus reveals a characteristic of God which His life demonstrates. His identification with bread needs to be considered in the context of a series of bread events. His statement reflects back on two events, looks forward to two others, and sums them up.

The first bread event is the "bread of Heaven" or manna which God gave the Jews in the desert. This demonstrates God's provision for their daily needs – "Give us this day our daily bread".

The second bread event is the feeding of the 5000 earlier in John 6, with five loaves of bread. This miraculous sign prompts the crowd to pursue Jesus as a regular source of food.

The third bread event is when He tells them to seek food which endures for eternal life. When they fail to understand, Jesus says "I am the bread of life", the bread of God from Heaven.

The fourth bread event is the Last Supper, as Jesus breaks the bread, saying, "This is my body." Jesus is telling His disciples that the "bread of life" is something more than just physical bread.

The fifth bread event is Jesus' death and resurrection, when he says to Peter, "Feed my sheep." Now they understand that He is telling them to feed people with the bread of life, that is Jesus.

As we approach Lent, instead of giving up things like our favourite food with selective fasting, let us consider how we can feed more, but on the bread of life. "Feed me now and evermore".

Rather than impose extra burdens on busy people with little time, perhaps just pick one thing. You might feed more on prayer - via the prayer zooms, or a prayer journal of answered prayers. You might feed more on scripture - the Bible course is providing a great takeaway menu. You might feed more on worship - singing or listening to praise songs or watching more services. You might feed more on serving - volunteering in new ways or helping those near to you. You might feed more on learning – reading Christian books or learning the Apostles creed.

As we study the "I am" statements, it reminds us that Jesus is God, He is alive, and He loves us.

## Questions:

1. What did the statement "I am the Bread of Life mean to you" when you first read it?
2. Are there other characteristics of bread which are special – like the way the Jews left Egypt in a rush with unleavened bread, but the Bible talks of the importance of yeast?
3. We are familiar with experiencing pangs of hunger physically when we need to eat. Do you ever feel pangs of spiritual hunger when you need God? What do you do?
4. How might you use the period of Lent to help you to feed more on the bread of life?
5. *Start Praying:* God, give me a greater hunger for you as the bread of my life.
6. *Start Doing:* Discuss practical ways in which you can feed more on Him during Lent.