

TITLE AND NUMBER: 197. I am the bread of life

REFERENCE AND KEY VERSE(S): John 6:35,47-51

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.

'Very truly I tell you, the one who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live for ever. This bread is my flesh, which I will give for the life of the world.'

LOOKING FURTHER: Exodus 3: 1-22; Matthew 7:7-11; Matthew 26:26-29; Matthew 6:11



What does this Bible passage tell us?

Our reading comes after the miraculous feeding of the 5,000. The following day, the people ask Jesus for another sign that He is the Son of God, and recount that their ancestors ate manna in the wilderness (John 6:30-31).

Jesus then declares, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.'

This is the first of seven 'I Am' sayings in this Gospel, echoing the references to God in both Exodus (when God spoke to Moses at the burning bush) and in Isaiah.

The people are searching. We are encouraged to search, too. Knowing that we are spiritually hungry is a good place to be. In Matthew 7, Jesus promises that everyone who searches will find. God will give good things to those who ask Him.

Jesus invites each and every one of us to come to Him - He satisfies our spiritual hunger and brings us into eternal life. He reminds us that He came down from Heaven and is both God and man. Through His death and resurrection, He brings forgiveness of our sins and brings us into new life.

When we celebrate Holy Communion, we remember what Jesus did. And, through the sharing of bread and wine, we are spiritually fed and sent out to bring the Good News of Jesus to our world.

Reflections:

- In the Lord's Prayer we pray, 'Give us today our daily bread' (Matthew 6:11). Reflect on this, giving thanks for the way God has provided for our needs.
- Searching for God is a good place to be. Jesus promises that those who search will find and that God gives good things to those who ask Him (Matthew 7:8). What good things would you like to ask for today?
- If you would like to find out more about Jesus, ask chaplaincy for their help.

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

