



April 26, 2020
"The Bread of Life"
John 6
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When Jesus said, "I am", it was not an ordinary statement. Jesus was making a parallel to himself and how God revealed himself to Moses in Exodus 3. The Greek phrase that Jesus used, *ego eimi*, can roughly be translated "I am, I am." Jesus used this term to assert his divinity.

In John's Gospel, Jesus attaches different metaphors to the "I am" statements to better explain how he relates to humanity.

Jesus makes seven "I AM" statements that express who He is.

Seven "I AM" Statements

1. I am the bread of life ([John 6:35](#))
2. I am the light of the world ([John 8:12](#))
3. I am the door for the sheep ([John 10:7](#))
4. I am the good shepherd ([John 10:11](#))
5. I am the resurrection and the life ([John 11:25](#))
6. I am the way, the truth, and the life ([John 14:6](#))
7. I am the true vine ([John 15:1](#))

[John 6:24-35](#)

²⁴ when the people therefore saw that Jesus was not there, nor His disciples, they also got into boats and came to Capernaum, seeking Jesus. ²⁵ And when they found Him on the other side of the sea, they said to Him, "Rabbi, when did You come here?"

26 Jesus answered them and said, "Most assuredly, I say to you, you seek Me, not because you saw the signs, but because you ate of the loaves and were filled. 27 Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal on Him."

28 Then they said to Him, "What shall we do, that we may work the works of God?"

29 Jesus answered and said to them, "This is the work of God, that you believe in Him whom He sent."

30 Therefore they said to Him, "What sign will You perform then, that we may see it and believe You? What work will You do? 31 Our fathers ate the manna in the desert; as it is written, 'He gave them bread from heaven to eat.' "

32 Then Jesus said to them, "Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. 33 For the bread of God is He who comes down from heaven and gives life to the world."

34 Then they said to Him, "Lord, give us this bread always."

35 And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst."

There are many references to bread in the Bible including the Lord's Prayer, Communion, and the table of showbread in the temple in the Old Testament. Bread was a dietary staple of life for Jews living in the first century. By using this metaphor, Jesus was connecting himself to an essential staple of life.

John 6 begins with the miracle of the feeding of the 5,000. The next day, the people are searching for Jesus in Capernaum. Jesus challenges the people. He essentially says to them, "You are not here for me but for the benefits you get from me." Here, Jesus exposes the motives of the people's hearts. In this challenge, Jesus highlights the greater hunger of the human heart.

Jesus explains that the greatest need of the human heart is the fulfillment of spiritual life. Mankind's needs are not just physical, but are spiritual. The spiritual life that Jesus offers is the only thing that can satisfy the deepest longings of the human heart.

Unfortunately, many people both then and now try to satisfy a spiritual need with a physical solution. Humans turn to different vices and risky behavior to satisfy their needs for love, identity, acceptance and security. The satisfaction of these four basic human needs can only be found in Jesus. Trying to satisfy a spiritual need with physical solutions leaves an individual deep in despair and discouragement. This manifests itself in the life of many in the form of addictions.

We must not be foolish enough to think that continual pursuit of material things will one day satisfy us. Although physical remedies can provide temporary satisfaction, only God can satisfy the deepest longings of the human soul.

Blaise Pascal said, "There is a God shaped vacuum in the heart of every person that only God can fill."

Even though Jesus had just miraculously fed the people the day before, they ask him again for a sign. Building on an Old Testament reference to God providing manna for the Israelites in the wilderness, Jesus explains that he is the greater miracle that comes down from heaven. Manna only satisfied the people's physical needs for a day at a time, but Jesus offers satisfaction for their spiritual needs forever. The deepest needs of the soul can only be met in Jesus.

When Jesus identifies himself as the bread of life, he is extending an offer for true satisfaction that nothing and no one else can give us!

In the seven "I AM" statements, Jesus reveals his divinity. These statements are extremely relevant today as we seek to know Jesus and live for him.

Discussion Questions

1. Read the Seven "I AM" statements.
2. How do you tell the difference between something that provides physical versus spiritual satisfaction?
3. How do we make Jesus an essential staple of our "spiritual diet"?
4. Close your meeting by allowing the Holy Spirit to lead your time of prayer.

