

INTRODUCTION

How important is food?

Without it we would die. it sustains life & is vital for natural human existence, Our text today makes us aware that although important there is a more vital category of food that provides spiritual life described as *true* life. In the past God had provided Manna in the wilderness for his people through the prophet Moses, but in these last days (which began in the 1st CE circa 33AD Acts 2:16-21) has made available a new & life giving bread that in a special way describes the Lord Jesus.

1. Jesus the Bread of Life (v22-40)

Some of the crowd from the previous day (that were fed by the bread & fish) have followed Jesus across the lake to Capernaum, but they are only doing so because he is meeting their physical needs. Jesus rebukes them for their carnal motive & graciously presents a vital, higher, spiritual option. The implications of not eating this bread are devastating, but for those that partake it's life giving on another level.

- i. In v26 Jesus challenges the heart motivation as opposed to the surface question they ask, do we see a similar hypocrisy in our own hearts where what we say with our lips doesn't match with our lives?
Discuss
- ii. Understanding that Jesus is the prophet (because they said so previously in v14) these avid followers are seeking Jesus (v24), but for natural rather than more important spiritual reasons. List some of the things that possibly cause people to 'follow' Jesus.
- iii. Based on v27, What are the problems associated with living a YOLO (You Only Live Once) lifestyle?
- iv. Working, labouring, expending time effort & energy only for this life without a commitment to the next life is eventually, eternally a fruitless task, how are you personally helping those that have never tasted the bread of life to do so?
- v. Can you explain the Gospel of the grace of God as it contrasts to works based religion?
- vi. As well as giving life to & saving all that believe, Jesus also keeps them to the very end (v39-40) do you ever struggle to believe this, if so why?

SUMMARY

'Looking at the Son' (v40 see also John 3:14-15) is synonymous with trusting, believing & eating the true bread who is Jesus the Messiah & like the Manna in the wilderness, he has come down from heaven, not to provide merely natural but supernatural, eternal life. May we experience it & share it to the glory of God.

PRAYER

- Thanksgiving for God's gracious gift of eternal life & the difference it brings to our human experience.
- Petition for grace to share this 'bread' with as many as we can to the glory of God.