



Lesson 2: Jesus: The Bread of Life

Jesus, as the Bread of Life, provides spiritual nourishment for the believers.

Study at a Glance: The 5 W's

KEY AREA	DETAILS AND SUMMARY
WHO (Author & Audience)	
WHAT (Core Message)	
WHEN (Timing)	
WHERE (Location)	
WHY (Rationale)	

Introduction: What's your spiritual diet? Jesus is the Bread of life.

When Jesus says, “I am the bread of life” in John 6:35, He declares Himself to be the true **spiritual nourishment** from heaven. Just as manna sustained Israel in the wilderness, Jesus gives eternal life to all who believe. He alone satisfies the soul’s deepest hunger. Are you hungry?

Key Terms Defined

TERM	ORIGINAL WORD in Greek	DEFINITION (Contextual)
Imperishable		
Condemn		
Nutritional		
Oblivious		
Sustain		
Liberty		
messianic		

SECTION 1: Labor for bread that lasts

(Read John 6: 22-27)

"Do not labor for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give you. For on Him God the Father has set His seal." This passage emphasizes the importance of faith and spiritual fulfillment over physical needs, urging believers to focus on eternal life through Jesus.

Discussion Questions

1. **Text/Exegesis:** In John 6: 1-15 people were hungry. What are the differences between Jesus feeding bread to that multitude, and the bread spoken of in John 6: 32-33?
2. How do you know when you're hungry? Explain how your body responds to a lack of food and what happens when your hunger is not satisfied?
3. How do you know when your spirit is hungry? Explain how your spirit responds when it is not fed and what happens when spiritual hunger is not satisfied?
4. **Application:** John 6:27 speaks of God's "seal" upon those who gain everlasting life through Jesus. Do you believe you have that "seal" of God on you? If so, how did you gain it?

SECTION 2: Recognize the source of life

(Read John 6:28-35)

Whoever comes to Him will never hunger, and whoever believes in Him will never thirst. This passage highlights the importance of faith in Jesus for spiritual fulfillment and eternal life, contrasting His divine nature with the temporary nature of earthly sustenance.

Discussion Questions

1. **Text/Exegesis:** We can easily go to the store and buy bread. The Bread of life Jesus is speaking of cannot be bought with financial currency. What is the only currency to gain the bread of life that Jesus gives?
2. **Multiple Choice:** The term "_____" is often used interchangeably when we speak of eating or feeding. In fact, the word is mentioned quite a few times in the King James version of the Bible. What is your guess on the amount of times it was used?
a)7 b)11 c)19 d)38
3. **Application:** Imagine you are a baker and needed to bake a large loaf of spiritual bread. In order for it to be nutritious for the spirit it must have certain ingredients. We're in a tough economy right now and unfortunately you can only afford to use 2 ingredients to add to the mix. What 2 ingredients would you choose and why?
a)speaking in tongues, b)discernment c)grace d)faith
e)tithes & offerings f)good works g)praise & worship h)obedience

SECTION 3: Salvation's everlasting work

(Read John 6:36-40)

Jesus states that His mission is to fulfill the will of the Father, who desires that all who believe in Him will be raised up on the last day. This passage should give us the assurance of salvation and the hope of resurrection for those who believe in Jesus, reinforcing the message of His divine purpose and the love of God for believers.

Discussion Questions

1. **Text/Exegesis:** ref. verses 39-40. In your own words, summarize what Jesus means by "**the will of him**" and what is an absolute must for this to be accomplished?
2. What is the source of life itself, who is the sustainer of life itself, how can spiritual hunger be satisfied?
3. **Application:** What are your final thoughts, comments or revelations about spiritual nourishment?

Conclusion: "Spiritually, you are what you eat"author unknown.

The phrase "Spiritually, you are what you eat" emphasizes that just as our physical health is influenced by the food we consume, our spiritual well-being is shaped by what we feed our minds and souls. In the Bible, Jesus refers to Himself as the "bread of life," indicating that He is essential for spiritual sustenance. In John 6:35, He states, "I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst." This metaphor teaches us the importance of seeking spiritual nourishment from Christ to maintain a healthy spiritual life.

****Significance of bread-past, present and always.**

1. **The children of Israel were miraculously feed with "bread from heaven" or Manna as they wandered for forty years before entering the Promised Land (Exodus 16). This food initially symbolized God's love and care for his people, in spite of their sins.**
2. **The Bible, bread symbolized Jesus the Messiah and the eternal life he offers to those willing to follow him with their whole heart (John 6:32 - 35, 41, 50 - 51)**
3. **The apostle Paul wrote how bread symbolized the true spiritual unity of the church of God (1Corinthians 10:16 -17)- this one is DEEP.**

The Bread of life. The gift that keeps on giving. Thank you Jesus!