

## The Bread of Life: Instructions Sheet

*Jesus said to them,  
"I am the bread of life;  
whoever comes to me shall not hunger,  
and whoever believes in me shall never thirst.*

John 6:35

*I am the living bread that comes down from heaven.  
If anyone eats of this bread, he will live forever.  
And the bread that I will give for the life of the world  
is my flesh."*

John 6:51

Think back to John 6, where we read about Jesus feeding the 5,000 with nothing more than a boy's lunch and a prayer. Out of scarcity came abundance. Jesus was demonstrating the nature of his Kingdom in this act.

Recall the significance the imagery of bread has throughout scripture, and what it meant for Jesus to declare himself "the bread of life":

- As part of the Passover meal, unleavened bread is symbolic of the haste with which the Israelites left Egypt, per God's specific instruction (Deut. 16:3) The night before Jesus' crucifixion, he shares the Passover meal with his disciples, identifying His body as the bread and His blood as the wine.
- Manna is the "bread of heaven" that God rained down each morning when he lead the Israelites through the wilderness toward the Promised Land. Jesus calls himself the true bread from heaven.
- Every Sabbath, priests placed 12 fresh loaves of bread (12 tribes of Israel) on the table of the bread of the Presence in the tabernacle/tent (place for fellowship with God).  
Message of tabernacle - "The only way to come into God's presence is to come in the way that He has provided." The message of Jesus, in John 14:6 – "No one comes to the Father except through me."
- The consummate image in scripture, where everything is leading to, is a banquet table, the wedding feast of The Lamb, where we will share with him in the new heavens and new earth.

Reflect for a moment:

Mothers of young children often feed themselves last, or on the go, when we eat at all. We might even get used to being in a regular state of low-level hunger. Consider how this might also be true with the hungers of your soul.

**Take a piece of bread from the basket on the table.** As you eat it slowly, meditate on the following questions. Invite the Holy Spirit to reveal to you any deeper answers there might be to these questions.

- Where are you experiencing scarcity in your life right now?
- How is this producing hunger and thirst in your soul?
- What are the other kinds of “bread” with which you try to satisfy these hungers? Take stock of how well they truly satisfy.
- What does it mean to you that Jesus gives himself to you as “the bread of life”?
- Where are you needing his nourishment?
- Are there ways you are starving yourself of the food of his presence, companionship, forgiveness or lordship?

Tell him these things, in the quietness, as you continue to chew and swallow your piece of bread. Know that, just as certainly as you ingest this piece of bread, Jesus promises to be with those who look to him in faith, by his Spirit. Receive, and worship!

“For he satisfies the longing soul, and the hungry soul he fills with good things.”

Ps. 107:9