

**“I Am the Bread of Life”**

**Matthew 6:35**

**April 3, 2022**

**Fun Question:** What was the best meal you ever had?

*[35] 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*

1. The nature of the human heart is very similar to that of the stomach. There is a continuous cycle of emptiness, a need for it to be filled, and then actively filling it. What are the things that you are actively filling your heart with time and time again these days?
2. When Jesus proclaims Himself as “The bread of life”, He is referring to the fact that He is the necessity and nourishment towards the eternal life, which can be experienced now and made complete upon His return.

How have you experienced Jesus as the bread of life? In what ways has He filled or continues to fill your deepest longings, desires, and questions? In what ways has He not filled your heart yet?

1. Jesus says in **John 6:51-53**:

[51] “I am the living bread that came 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.” [52] The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” [53] So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.”

This is union language. We are co-crucified, co-buried, co-resurrected, and co-living with Christ. To feast on him means to do everything possible to go to Him and believe again, igniting that reality in you repeatedly.

What are some ways you can go about “feasting” on Christ in the weeks leading up to Easter?

**Deeper Study**

Read, analyze, and study John 6. Why do you think John 6:16-21 was necessary before Jesus encounters the demanding crowd again?