

# I Am the Bread of Life

## Week One

[Image link](#)

### Talk About

- What happens in your body when you consume food? Why is food necessary?

**Read** John 6:26–29. This passage begins the day after Jesus miraculously fed the five thousand.

### Talk About

- What were the crowds looking for? What did Jesus have to offer instead? How was it better?
- What was Jesus' answer when the people asked what they should do? Why do you think Jesus is making a distinction between work and believing?
- Have you, or are you, relied too much on doing? What are we to believe? Why?

**Continue reading** verses 30–34.

- In your own words, share the story of when the Israelites were given manna in the desert.
- How is Jesus' "bread of life" similar to or different from that manna?
- How is Jesus similar to or different from Moses?
- What is this life that Jesus gives to the world and to you?

**Continue reading** verses 35–40.

- How is the bread of life satisfying? Can you give examples from your own life?
- Have there been times when you have relied on things other than Jesus to sustain you?
- How does Jesus respect and obey the Father?
- What promises does Jesus make to us for now and for later?

**Continue reading** verses 41–48.

- Why were the people offended?
- What does Jesus say about his identity and authority?
- How can we draw near to Jesus and the Father?

### Respond

- On your own this week, meditate on verses 49–59.
- This has been a long section with many promises for us in Jesus' words. When you think of Him as bread for your life, what does this mean for you today?
- Are there areas in your life where you are not believing that the word of God is a reality for your day-to-day life?