

THE BREAD OF LIFE

BIBLE TEXT : John 6:22-65

LESSON 94 Junior Course

MEMORY VERSE: "And Jesus said unto them, I am the bread of life" (John 6:35).

BIBLE TEXT in King James Version

John 6:22-65 (KJV)

²² The day following, when the people which stood on the other side of the sea saw that there was none other boat there, save that one whereinto his disciples were entered, and that Jesus went not with his disciples into the boat, but *that* his disciples were gone away alone;

²³ (Howbeit there came other boats from Tiberias nigh unto the place where they did eat bread, after that the Lord had given thanks:)

²⁴ When the people therefore saw that Jesus was not there, neither his disciples, they also took shipping, and came to Capernaum, seeking for Jesus.

²⁵ And when they had found him on the other side of the sea, they said unto him, Rabbi, when camest thou hither?

²⁶ Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.

²⁷ Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

²⁸ Then said they unto him, What shall we do, that we might work the works of God?

²⁹ Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent.

³⁰ They said therefore unto him, What sign shewest thou then, that we may see, and believe thee? what dost thou work?

³¹ Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

³² Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

³³ For the bread of God is he which cometh down from heaven, and giveth life unto the world.

³⁴ Then said they unto him, Lord,

BIBLE REFERENCES:

NOTES:

Looking for Jesus

After Jesus had so miraculously fed the 5000 people with five loaves and two fishes, and healed the sick, He sent the multitude away. He instructed the disciples to go to the other side of the Sea of Galilee before Him, while He remained to pray. As the boat in which the disciples were riding was tossed by the wind and waves, Jesus walked on the water to them. He caused their fears and the storm to cease.

The next day the people returned to find Jesus. The disciples had left in the only boat, but Jesus had stayed to pray. The people did not know that Jesus had gone to the disciples and was on the other side of the sea. There came other boats from Tiberias; and since the people could not find Jesus, they left in the boats to go to Capernaum, Jesus' home (**Matthew 4:13 (KJV)** ¹³ And leaving Nazareth, he came and dwelt in Capernaum, which is upon the sea coast, in the borders of Zabulon and Nephthalim).

When they finally found Jesus, they asked Him how He had gotten there, since the disciples took the only boat and it was too far to walk around the sea. Although they had seen Jesus perform the miracles of the day before, they did not fully realize His power.

This time Jesus did not feed the people with temporal food, but He began to preach to them and to give them spiritual food. He knew why they had followed Him. It was not because He was the Son of God. It was not because they saw Him perform miracles and that they believed in Him, but because He had fed them and they were satisfied.

Everlasting Food

Jesus reproved them for thinking only of temporal things, and told them to spend their time working for spiritual things, which will last forever. Every day men and women work for the earthly things which will spoil. They spend much time in growing, buying, and preparing food, which does not last. It is eaten and soon gone, or it spoils. Food can be kept for only a limited time by preserving, canning, or freezing it. Even so, we are told that through the processing of the food, much of the value is destroyed. Those who change the spiritual food by men's ideas, also destroy its value for men. We want the Bible as God gave it; we want it in the original form without the interpretation of men.

Jesus was talking about spiritual food which is neither used up nor decayed by time. The supply has no limit. Down through the years, men have tasted, continued to eat abundantly, and have existed, spiritually, **yet the amount**

evermore give us this bread.

³⁵ And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

³⁶ But I said unto you, That ye also have seen me, and believe not.

³⁷ All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out.

³⁸ For I came down from heaven, not to do mine own will, but the will of him that sent me.

³⁹ And this is the Father's will which hath sent me, that of all which he hath given me I should lose nothing, but should raise it up again at the last day.

⁴⁰ And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.

⁴¹ The Jews then murmured at him, because he said, I am the bread which came down from heaven.

⁴² And they said, Is not this Jesus, the son of Joseph, whose father and mother we know? how is it then that he saith, I came down from heaven?

⁴³ Jesus therefore answered and said unto them, Murmur not among yourselves.

⁴⁴ No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.

⁴⁵ It is written in the prophets, And they shall be all taught of God. Every man therefore that hath heard, and hath learned of the Father, cometh unto me.

⁴⁶ Not that any man hath seen the Father, save he which is of God, he hath seen the Father.

⁴⁷ Verily, verily, I say unto you, He that believeth on me hath everlasting life.

⁴⁸ I am that bread of life.

⁴⁹ Your fathers did eat manna in the wilderness, and are dead.

⁵⁰ This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

⁵¹ I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

⁵² The Jews therefore strove among themselves, saying, How can this man give us *his* flesh to eat?

Is always the same. The Word of God is not Only enduring but it gives life to those who partake of it, too. "For God so loved the **world, that he gave his only begotten Son, that whosoever believeth** in him should not perish, but have everlasting life" (John 3:16).

To Work the Works of God

Jesus said that people should not work only for their temporal food, but work to receive spiritual food. "Seek ye first the kingdom of God!" (Matthew 6:33). The people asked what they should do in order to work (to bring about or use) the works of God. Jesus answered that to do the works of God one must believe on Him whom God sent. How mistaken some people are, for one cannot work his way into God's favor or into Heaven. The admission price is the same for all people. "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: not of works, lest any man should boast" (Ephesians 2:8, 9).

Sign Seekers

The people knew that they should believe Jesus, but asked for a sign that they might be sure that He was the One sent by God. What more could Jesus do? He had healed the sick, calmed the storm, and fed the multitudes before their eyes. Who but the Son of God could do such things? Some people, today, ask a sign from Jesus, while all around are living miracles. Every Christian is a sign of Jesus' power, and every testimony is a sign of His miracles. There are many signs, if people care to see and believe them, today as well as during Jesus' ministry. Most people are willing to receive temporal help from God, but few men are willing to receive spiritual blessings.

Manna in the Desert

The multitudes remembered how Jesus had fed them the day before; and no doubt they were looking for more bread and fish; for they told Jesus that the Children of Israel had been fed in the desert (**Exodus 16:12-16 (KJV)**) ¹² I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I *am* the LORD your God. ¹³ And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host. ¹⁴ And when the dew that lay was gone up, behold, upon the face of the wilderness *there lay* a small round thing, *as small as the hoar frost on the ground.* ¹⁵ And when the children of Israel saw *it*, they said one to another, It *is* manna: for they wist not what it *was*. And Moses said unto them, This *is* the bread which the LORD hath given you to eat. ¹⁶ This *is* the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, *according to the number of your persons; take ye every man for them which are in his tents*); they had been given manna, the bread of Heaven (**Psalms 78:24-25 (KJV)**) ⁴ And had rained down manna upon them to eat, and had given them of the corn of heaven. ²⁵ Man did eat angels' food: he sent them meat to the full). These people had failed to see the true meaning of manna. All they wanted was food to satisfy the natural hunger, but they were neglecting the spiritual food.

⁵³ Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.

⁵⁴ Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

⁵⁵ For my flesh is meat indeed, and my blood is drink indeed.

⁵⁶ He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.

⁵⁷ As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.

⁵⁸ This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.

⁵⁹ These things said he in the synagogue, as he taught in Capernaum.

⁶⁰ Many therefore of his disciples, when they had heard *this*, said, This is an hard saying; who can hear it?

⁶¹ When Jesus knew in himself that his disciples murmured at it, he said unto them, Doth this offend you?

⁶² *What* and if ye shall see the Son of man ascend up where he was before?

⁶³ It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life.

⁶⁴ But there are some of you that believe not. For Jesus knew from the beginning who they were that believed not, and who should betray him.

⁶⁵ And he said, Therefore said I unto you, that no man can come unto me, except it were given unto him of my Father.

QUESTIONS

I Who is the Bread of Life?

2 Why was He called the Bread of Life?

3 From where was the Bread of Life sent?

4 How can we get It?

5 What will the Bread of Life do for us?

6 How often should we eat It?

7 What happens to those who fail to eat the Bread of Life?

Jesus, the True Manna

As Jesus began to talk to the people, He showed them what He really meant to them and what He means to us today. It was not Moses who gave the Children of Israel manna, but God sent it. Yet the manna was only a type of the true bread which God sent (**John 6:32 (KJV)** ³² Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven). The Children of Israel had eaten the manna but in due time they had died. God now has a better bread, for the true Manna of Heaven gives life - spiritual life (verses 49, 50).

The people asked for some of the bread which would give life. Then Jesus told them that He Himself was that true Manna, the Bread of Heaven, or the spiritual food (verse 51). They could not understand. Was not this the carpenter's son? then why did He say that He came from Heaven? He had said that His flesh was the bread. How could they eat His flesh? they asked.

The Word Necessary

Jesus continued to talk to them concerning food for the soul. In John 1: 14 we read that the "Word was made flesh, and dwelt among us." We call the Bible the Word of God. Jesus said that the words which He spoke to them were Spirit and life (**John 6:63 (KJV)** ⁶³ It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life).

If we are to eat the flesh and drink the Blood of Jesus, we must take in all the Word of God, the Bible. We must believe it and live it. The natural food we eat gives us strength and helps us to grow. The Bible does the same for us spiritually. In order for one to have spiritual life he must believe the Bible, do what it commands, and make it a part of his life. When we eat the natural food, we chew it, digest it, and it becomes a part of our body. One could look at a table filled with food, or even carry some around with him, but unless he eats the food, it does him no good. He could starve to death by refusing or neglecting to eat. Just so, spiritually, we must make God's Word a part of us in order to benefit from it. The food (the Bible) has been prepared for us. One could stand, looking on spiritually dead - while others get saved. He could even carry the Word around under his arm, and yet not have eternal life (verses 53, 58). One must obey the Bible in order to keep saved as well as to get saved. One keeps alive by eating, both spiritually and physically (verse 57).

Just as the Children of Israel gathered manna daily (**Exodus 16:21 (KJV)** ²¹ And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted), so a Christian must gather some food from the Bible each day to keep strong and alive spiritually. When one stops eating the natural food for one day, he is weaker and does not feel so good. Likewise, a Christian needs daily food. No one wants to be a weak or sick Christian.

Spiritually Dead

When Jesus said that unless you eat His flesh and drink His Blood, you have no life in you (John 6:53), He meant that you **would be spiritually** dead. Those who sin are spiritually dead (**1 Timothy 5:6 (KJV)** ⁶ But she that liveth in pleasure is dead while she liveth); but when they pray for forgiveness and believe God, they are no longer dead but alive (**Ephesians 2:1 (KJV)** ¹ And you *hath he quickened*, who were dead in trespasses and sins; **Colossians 2:13 (KJV)** ¹³ And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses).

Of those who heard Jesus say, "I am that bread of life," some said that it was a hard saying and they could not do as He told them to do. Even some who called themselves His disciples murmured at His sayings. May not one who reads this lesson be like them but may he take heed to the words: "Awake thou that sleepest, and arise from the dead, and Christ shall give thee light" (Ephesians 5:14).