

“I am the bread of life”

How many of you would consider yourself to be “busy”? Do you have a lot to do today, and even more to do tomorrow?

Today we’re looking at Jesus’ claim that He is “the bread of life.” To understand Jesus’ words in John 6, let’s first look at Exodus 16, the story of God providing meat and bread for His people in the wilderness ...

Exodus 16:13-15, That evening vast numbers of quail flew in and covered the camp. And the next morning the area around the camp was wet with dew. ¹⁴ When the dew evaporated, a flaky substance as fine as frost blanketed the ground. ¹⁵ The Israelites were puzzled when they saw it. “What is it?” [*Hebrew = “manna”*] they asked each other. They had no idea what it was. And Moses told them, “It is the food the LORD has given you to eat.

- God was leading them to the promised land.
- God was eager to care for their daily needs.
- God provided food with specific instructions and limitations.

Because of what God was doing in their lives, they were having a better day. Let’s now look at Jesus’ words in John 6 to see how He can help us to have a better day.

How to Have a Better Day

A. Seek Eternal Life.

John 6:25-27, ²⁵ They found Jesus on the other side of the lake and asked, “Rabbi, when did you get here?” ²⁶ Jesus replied, “I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs. ²⁷ But don’t be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man can give you. For God the Father has given me the seal of his approval.”

“Your energy” is a limited resource, isn’t it? You just have so much energy, so much time, so much focus to spend on life’s adventure. Jesus is a bit frustrated with this crowd, they’re not moving past the miracle of food to the miracle-worker.

“Eternal life” is contrasted with “perishable things.” We spend SO much time propping up perishable things.

B. Experience Jesus Daily.

John 6:28-35, ²⁸ They replied, “We want to perform God’s works, too. What should we do?” ²⁹ Jesus told them, “This is the only work God wants from you: Believe in the one he has sent.” ³⁰ They answered, “Show us a miraculous sign if you want us to believe in you. What can you do?” ³¹ After all, our ancestors ate manna while they journeyed through the wilderness! The Scriptures say, ‘Moses gave them bread from heaven to eat.’” ³² Jesus said, “I tell you the truth, Moses didn’t give you bread from heaven. My Father did. And now he offers you the true bread from heaven. ³³ The true bread of God is the one who comes down from heaven and gives life to the world.” ³⁴ “Sir,” they said, “give us that bread every day.” ³⁵ Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

- What is the main thing God wants you to do in life? “Believe Jesus.”
- “Give us this day, our daily bread ...” Jesus, every day.
- Reserve a daily time with Jesus: Bible study, prayer, worship, quiet time.

C. Relax safely in Christ.

John 6: 39-40, And this is the will of God, that I should not lose even one of all those he has given me, but that I should raise them up at the last day. ⁴⁰ For it is my Father’s will that all who see his Son and believe in him should have eternal life. I will raise them up at the last day.”

- When you are “in Christ” you are “safely in.”
- We fret so much about losing perishable things. Praise God that what matters most (“eternal life”) lasts forever.

D. Stop complaining and arguing!

John 6:41-44, 52, 58,

⁴¹ Then the people began to murmur in disagreement because he had said, “I am the bread that came down from heaven.”

⁴² They said, “Isn’t this Jesus, the son of Joseph? We know his father and mother. How can he say, ‘I came down from heaven’?”

⁴³ But Jesus replied, “Stop complaining about what I said.

⁴⁴ For no one can come to me unless the Father who sent me draws them to me, and at the last day I will raise them up.

...

⁵² Then the people began arguing with each other about what he meant. “How can this man give us his flesh to eat?” they asked.

...

⁵⁸ I am the true bread that came down from heaven. Anyone who eats this bread will not die as your ancestors did (even though they ate the manna) but will live forever.”

- Complaining and arguing is a warning sign that you’re not safely in.
- Do you want to live forever? Be a ravenous consumer of Jesus!

MAIN POINT: Jesus is the bread of life, so enjoy Him!

A closing prayer ... “Dear God, we’re a fragile and needy people, and we confess our bent to self-dependence. Help us enjoy Jesus every day. Give us the discipline and desire for a daily time with Jesus, and make that time sacred and beneficial. Oh Father, we kindly ask for a daily feast upon Jesus, the Bread of Life. Amen.”