

“I AM” Seven Times

Session-3: I Am The Bread Of Life

Notes

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Introduction

John 6:35

35 Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

John 6:47-51

47 Very truly, I tell you, whoever believes has eternal life. **48** I am the bread of life. **49** Your ancestors ate the manna in the wilderness, and they died. **50** This is the bread that comes down from heaven, so that one may eat of it and not die. **51** I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

Analysis of the third “I Am” statement:

- ✓ Identity (characteristic): “I am the bread of life...”
- ✓ Our respond: “Whoever comes to me...and believes in me...”
- ✓ What are the results: “...will never be hungry, and...will never be thirsty.”

God sent us a different kind of bread from what we normally think of as bread. It was in the form of His Son, Jesus Christ. The bread is food that sustains the spirit as opposed to the physical body. The author points out that the majority Chapter 6 of John’s Gospel is about Jesus being the Bread of Life; and that in verses 25 through 59 he identifies himself three times as “Bread”, twice as the “Bread of Life, and a third time as the “Living Bread that came down from Heaven.” He tells us that both His disciples and the Jews were upset and confused to the point that the disciples turned from Him.

John 6:61-66

61 But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? **62** Then what if you were to see the Son of Man ascending to where he was before? **63** It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. **64** But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. **65** And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." **66** Because of this many of his disciples turned back and no longer went about with him.

The Origin of The Bread of Life (Characteristic)

Jesus emphasizes six times in the Gospel of John, Chapter-6, that the bread “...came down from Heaven.” Additionally, he tells us that “...**31** Our ancestors [Israelites] ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat.' ”

The author says that God wants us to know that we are dependent on Him as our Heavenly source of sustaining spiritual food and emphasizes the point by the fact the we pray...”Our

Father in Heaven ... Give us this day our daily bread.” He wants us to realize that the supply of bread that comes down from Heaven is the only bread that can sustain our life; otherwise, we would starve to death spiritually.

The Nature and Consumption of the Bread of Life

So the author asks the question, what is it, the bread of life? And as Jesus says “It is me.” But both His disciples and the Jews were upset and confused as stated in John 6:60 and John 6:52.

John 6:60

60 When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?"

John 6:52

52 The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?"

But Jesus was referring to consuming spiritual bread, which are His personal characteristics such as love, justice, reason and compassion. We are to take His personality and make those characteristics an integral part of us in our spiritual life, which outwardly are then exhibited in our physical life. Make our character like that of Jesus. Jesus tells us that in the 3rd and 6th chapters of John.

John 3:6

6 What is born of the flesh is flesh, and what is born of the Spirit is spirit.

John 6:63

63 It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life.

As the author tells us, when Christ speaks of His flesh and blood, it refers to His sacrifice on the Cross for us. And to eat and drink of His body and blood simply means for us to believe the spiritual truth of that sacrifice and the love it represents. Our partaking of His body and blood in a physical way is during Holy Communion – the consecrated bread and wine.

The Effects of the Bread of Life

The author says that we partake of Jesus as the Bread of Life for the four following reasons:

✓ **Our Hunger is Satisfied**

If we come to Jesus, He tells us in the “I Am” that we will never hunger and if we believe we will never thirst. That is, our spiritual hunger will be satisfied, which will change our entire life.

✓ **Our Present Spiritual Life is Sustained**

Just as we receive the energy from the light – Jesus - which sustains our life, so we receive from Him the spiritual food that supports it.

✓ **We Grow Spiritually**

As we take on the His characteristics, consuming the personality of Jesus Christ, we grow spiritually and exhibit those personal characteristics outwardly.

✓ **We Stay On Course**

The place where the bread of life originates becomes our final destination, but only if we continue to partake of the manna from Heaven.

Our Response: Come...Believe...Eat

✓ **Come**

The author says that in coming to His call we move from a point of spiritual involvement to the point where we give all of our attention to Him.

✓ **Believe**

We must learn to accept and trust Jesus Christ. We must learn to not question and doubt what He offers us, even if it is contrary to what we have learned in this world.

✓ **Eat**

Take the reality of Jesus and make it an integral part of yourself. Make it a part of you.