

JESUS IS THE BREAD OF LIFE

YEAR: TRANSFORM / FOCUS: LIVING FOR JESUS / SERIES: GOD IS I AM

BIG TRUTH: JESUS IS THE BREAD OF LIFE

Psalms 81:16; 107:9

BIBLE VERSE: JOHN 6:35

"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.'"

BIG IDEAS

- The bread of life is from heaven.
- The bread of life satisfies the hunger of our souls.
- The bread of life gives eternal life.

BIBLE PASSAGE: JOHN 6:22-51

TRANSFORM: LIVING FOR JESUS

In High School, the Transform Year is an exploration of what it looks like to have transformed influence as we seek to live for a Kingdom that is greater than our own. First, we recognize that we will never be transformed if we are not Living for Jesus. To do this, we must first know who Jesus is by looking at who He says He is (John 8:58), and then look at what the Bible says about how in Him, we live by faith (James 1:6). Next, we recognize that to have transformed influence means that we must live as disciples in pursuit of Christ and His Kingdom over ourselves and our own kingdoms.

SERIES AIMS



Every student should know...

- The 8 different "I AM" statements that Jesus uses in the gospel of John.
- We will always be dissatisfied when we search for joy and life apart from Jesus.
- The value and worth of our lives is found in Jesus alone



Every student should feel...

- Awe that God would make a way for our relationship with Him through Jesus.
- Convicted of the lies that they are tempted to believe about Jesus.
- Responsible to use their influence for Jesus alone.



Every student should strive to...

- Read the entire gospel of John.
- Memorize the Bible verse each week.
- Practice sharing the truth about who Jesus is using the 'I Am' statements from Scripture



Every student should want to...

- Grow in their understanding of who Jesus is.
- Abide in Christ deeper than they ever have before.
- Be known for how they point people to Jesus with their lives

GUIDES AND WORKOUTS

The Guide provides a commentary page on each week's Bible verse and on each Big Idea that unpacks the Big Truth. Each week also includes a Student Workout as a resource to help the student pursue spiritual disciplines on their own. Additionally, each week has a Family Workout that helps equip parents and guardians to have spiritual conversations with their student.



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JESUS IS THE BREAD OF LIFE

BIBLE VERSE: JOHN 6:35

"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.'"

Jesus is the believer's source of spiritual nourishment.

"Jesus said to them, 'I am the bread of life...'"

- Jesus is the beginning of everything. All things were created through Him and for Him. He is the beginning of all life and the source of all things. A person finds everlasting life in Him because He is the source of all things. A believer can only find nourishment for his or her soul when they turn to Jesus.
- When a person believes in Jesus and turns away from his or her sin nature, they can find spiritual nourishment for their soul. Otherwise, they are destined to remain separated from God and spiritually dead. Being connected to Jesus is the only way to be spiritually nourished and to find spiritual life.

Jesus satisfies the believer's spiritual hunger.

"...whoever comes to me shall not hunger..."

- Jesus is life and our Creator. Because we are separated from Him by our sin, we all feel a spiritual hunger for what is lacking and missing. Jesus is the only One who can satisfy this hunger.
- Jesus does satisfy the believer's spiritual hunger because those who believe in Him are reconciled to God and are no longer separated. The great separation they once felt is no more. The sin debt they once owed is forgiven and they are set free to know God and to live for Him.

Jesus gives eternal satisfaction to those who trust in Him.

"Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall not thirst.'"

- So many things in this world may bring happiness for a moment, or they may satisfy for a time, but we all end up at the same place again. We all end up desiring the next thing. When we trust in Jesus, He gives us satisfaction that is eternal.
- To have eternal satisfaction means to be complete and content forever. Because Jesus is always with His people, we are never apart from Him. This means He is always with us meeting our spiritual needs and satisfying our souls.

JESUS IS THE BREAD OF LIFE

BIG IDEA #1: THE BREAD OF LIFE IS FROM HEAVEN.¹**[THIS]**

One of Jesus' greatest miracles was when He fed five thousand people with two fish and five loaves of bread. Shortly after this miracle, He walked on water, calming the storm for His disciples as they struggled in the middle of the Capernaum Sea. Naturally, these miracles led to many people seeking out Jesus. In John 6:27-38, Jesus taught these people about Himself, revealing many things to them. They sought Him in hope of receiving more food, but He pointed them to something greater than physical food—Himself. He showed them that though they experienced physical hunger, their spiritual hunger was their greater need. He showed them that He could give them physical bread that would feed them for a moment, but He had something better that could satisfy their souls for all of eternity. As He taught them, He revealed to them that He was the Messiah come down from heaven to save them from their sin. He is the bread of life.

[THEREFORE]

Read John 6:27-38 and think about the reasons the people were seeking out Jesus. What are some of the reasons you seek out Jesus?

Often we seek Jesus when we need something or want something, but we don't seek Him to truly be satisfied with Him. Proverbs 8:17, Psalm 14:2, and James 4:8 teach us that when we do seek Him for Him and to be satisfied by Him, we will be. God does draw near to those who draw near to Him to know Him and be known by Him.

[THIS]

Jesus is the bread of life. In using this metaphor, He taught His listeners about His divinity. Only God is life and only He can give life. When Jesus said that He was from heaven, He was revealing that He is fully God. This let His listeners know that they were encountering the one true God, not just some prophet. Jesus is God in the flesh. He is the second person of the triune God. He is eternal in nature and is equal to God the Father and God the Spirit. He is not a created being and has no end. He is not limited in His power or ability. Jesus' listeners did not believe He was God in the flesh. Instead, they thought of Him as only a prophet. They struggled to accept His divinity. As Jesus taught them about His divinity, He offered them eternal satisfaction for their souls because He alone can satisfy our spiritual hunger.

[THEREFORE]

Read John 6:30-33. What is the "work" that God requires in these verses? Does your life reveal you have tasted his bread from heaven?

The work that God requires is that people believe in His Son. When we have tasted of the bread from heaven, our lives are changed. We are no longer enslaved to our sin. Jesus is this bread from heaven, and He changes our lives forever.

Jesus' divinity is essential to our salvation. How can you explain Jesus' divinity to a friend who is not a believer?

In order for Jesus to fully satisfy our souls, He must be God. Jesus' divinity is necessary to our salvation. John 10:30, John 1:1-3, and 1 Corinthians 8:6 help us understand that Jesus has always been and that He holds all power and authority. He is fully God and is the giver of all life.

1. John 6:38: Jesus is God's Son come down from heaven.

BIG IDEA #2: THE BREAD OF LIFE SATISFIES THE HUNGER OF OUR SOULS.²**[THIS]**

Inside of every person is a desire that cannot be satisfied by anything in this world. We all feel it, the longing for something more or some “other” thing. It manifests itself in our lives in different ways. In some people it shows up as a desire for power that leads to a pursuit of a goal. For others it is the relentless pursuit of material things. A person may spend their lives acquiring the next best thing. Still for others it shows up as a pursuit of the ideal life, such as a family, a home, even a quiet life that quite possibly includes church on Sunday. Regardless of how it shows up, our souls all desire it, but the “it” can only be satisfied by the One who created us. We can spend our entire earthly lives trying to find contentment in earthly things only to find we’ve wasted our time. The satisfaction earthly things bring pales in comparison to the complete satisfaction that Jesus brings.

[THEREFORE]

What are some things you have tried to satisfy your soul with?

1 John 2:15-17 reminds us of the worldly things that we should put away. These things will leave us empty and lacking. Philippians 4:8 teaches us that when we seek Jesus, we will be satisfied. Our sinful hearts lead us to pursue the things of this life though. We seek the things that are easily attainable and seem worthwhile, yet they are not.

How have you seen the desire that we all have for Jesus in your friends or people around you?

Ephesians 4:17-19 helps us understand the result of trying to satisfy ourselves with earthly things. Our sin natures leave us darkened in our understanding and we reject God over and over. We walk far from Him and pursue pointless, useless things, like careers, bad relationships, and material wealth. We spend money and time on things that are temporal and leave us feeling empty again and again.

[THIS]

The hunger in our souls can only be satisfied by Jesus because He alone is the bread of life. In John 6:35, Jesus promises that whoever comes to Him will never hunger again. This means our faith in Jesus as our Savior fills the emptiness left in us by our sin. Jesus really does complete us and makes us whole. His life and death set us free from our sin and give us eternal life. Because He gives forgiveness for our sin, we can know Him. It is knowing Jesus that satisfies the deep longing within us. He is perfect and holy. No one loves us or cares for us like Jesus. To know Him is to know God and this knowledge is sacred and holy. It is what our souls desire and it is what only Jesus can give and satisfy. Jesus taught His listeners that knowing Him was to be satisfied completely. Nothing else in life will fill us like Jesus does. We find hope and rest in Him and grow in our confidence because we are no longer pursuing pointless things in this life. Our pursuit is of Him and He always satisfies us.

[THEREFORE]

Are you choosing to satisfy your soul with Jesus or other things? Why?

When we choose to satisfy our souls with Jesus, our lives bear the fruit of the Spirit. We abide in Him and grow in Him as John 15:5 shows us. When we seek God, we will find Him. Acts 17:27, James 4:8, Matthew 6:33, and Psalm 9:10 teach us that our souls can be satisfied with Jesus when we seek Him. We are complete when we pursue Him.

2. Psalm 17:15: Our satisfaction is found in Jesus. He gives contentment and satisfaction.

BIG IDEA #3: THE BREAD OF LIFE GIVES ETERNAL LIFE.³**[THIS]**

In John 6:40, Jesus continues His lesson on the bread of life. He promises in this verse that whoever believes in the Son will have eternal life. Eternal things are not easy for us to grasp as finite humans. Our minds struggle to really understand what it means for something to be eternal. Nothing on earth is really eternal. We see things come to be and cease to be all of the time. Jesus promised in His Word that faith in Him produces eternal life. This eternal life is present now and in the future. By faith we believe that we are made new when we repent and trust in Christ. We believe that our spiritually dead souls are made alive. Prior to our saving faith, we are dead to spiritual things. Our minds are darkened to the things of God. We reject Him and do not seek after Him. When we taste the goodness of Jesus Christ, our souls are awakened, and new life is breathed into them. No longer are we living in the darkness of this world. Instead, we walk in the light and our souls are alive to the things of Christ. This is a result of the bread of Christ that has made our souls alive again.

[THEREFORE]

The knowledge that our spiritually dead souls are given eternal life in the present when we have saving faith gives hope. How does this hope help you live more faithfully for Jesus each day?

Hebrews 6:19 teaches us that because of the work of Jesus on the cross we have eternal life and because of this eternal life, we have hope. This hope encourages us to remain steadfast and to a greater faithfulness. We are living for something more than this life.

[THIS]

The hope for Jesus' followers is our eternity. It doesn't take much to realize that this world is broken and passing away. It doesn't take much to understand that things aren't as they're supposed to be. As believers, our future is secure with Jesus. John 6:39 shows us that no one who truly believes will be lost. When we are in Christ, we are always in Christ. Nothing can separate us from Him. The bread of life that satisfies our souls does so forever. Jesus secures our eternity forever through His life and death. He is the one who does the work of securing our eternity by paying our sin debt and raising us from the dead. Knowing and believing in Jesus means we have a hope and a future. This life isn't all there is for us. This life will pass away. The world will fade and end and our souls will live forever with the one who satisfies them forever. Our eternity will be spent with Him in the new heaven and earth. No longer will we desire anything because we will be with Him always.

[THEREFORE]

In light of our future eternity, how does a pursuit of Jesus now help you put away the pursuit of worldly things?

Hebrews 12:1 is a call to action for every believer. Because of the promise of eternity that we each have, we should lay aside the weight of this world and pursue Jesus. We should put off worldly thing, sinful things, and fleshly things that we might run after a knowledge of Jesus.

What distractions in your daily life keep you from focusing on the hope of your eternity?

Isaiah 26:3 reminds us that when we place our thoughts on Christ, we are kept in peace. Worry and pointless distractions can keep us from thinking about our eternity and lead us to lose hope.

3. Romans 6:23: Jesus gives eternal life to those who believe.