

The Bread of Life! John 6: 25-38.

- Regularly our kitchen is filled with the delicious aroma of cooking bread. Jan gathers the ingredients— including wholemeal flour, baking flour & barley flour, water, salt, olive oil, powdered milk, yeast, sunflower seed, chai seed and linseed. Three hours & forty minutes later the bread is cooked and ready for consumption.—wonderful nourishment.
- But let me tell you about a type of bread which is even more important. Jesus uses a number of metaphors describing Himself.. We read seven “I am” statements in the Gospel of John which reveal more about who Jesus is and why He came...
- John 6:35 contains the first of seven I AM statements recorded by John..

1. Jesus said, “*I am the _____ of life*” John 6:35

Then Jesus declared, “I am the Bread of life. Whoever comes to Me will never go hungry, and whoever believes in Me will never be thirsty.”
John 6:35...



- People eat bread to satisfy physical hunger and sustain physical life. We can only satisfy spiritual hunger and sustain spiritual life by having a right relationship with Jesus Christ. Jesus as the “bread of life” is a very apt metaphor. Both these “breads” together leads to a very healthy diet!
- Jesus statement takes place in the context of feeding 5000 people John 6:1-15. We live in physical bodies so we do need physical food. In this Spring season at the moment we have crops around the countryside growing quickly with the additional warmth of the sun and drawing on moisture from the ground. We can rejoice in our Lord’s provision of healthy food..

Yet He (our Creator God) has not left Himself without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; He provides you with plenty of food and fills your hearts with joy. Acts 14:17..

- Jesus fed the physically hungry, but His greatest concern is for people with spiritual hunger. Many people in western society are increasingly afflicted with hunger of the mind and spirit — searching for meaning and purpose, having no hope, struggling with anxiety, guilt and depression, insecurity and heart hunger. Pascall summarized this hunger as a — “God shaped vacuum”. The only one who can truly satisfy is Jesus Christ. Jesus said, *I am the bread of life..* John 6:35. *“If anyone eats of this bread, he will live forever”* John 6:51.
- To receive spiritual bread we need to read the Word of God regularly (daily), pray to our Lord daily and seek to obey Him daily. Having a “Quiet time” is a great idea. .. Psalm 46:10..
- *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed... Mark 1:35..*
- If Jesus needed to spend quiet time with the Father we need to even more so.



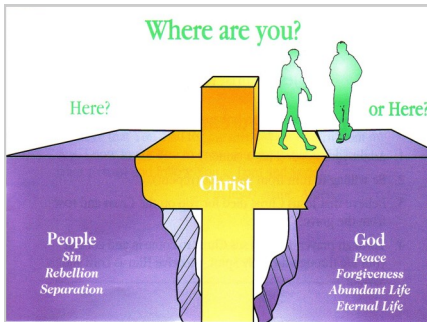
More on receiving Jesus...

John 1:12...

Romans 10:9....

God's solution... Acts 3:19.... *Repent then and turn to God so that your sins maybe wiped out, that times of refreshing may come from the Lord*

How to Receive Christ



- A. Admit my _____. (I am a sinner).. Romans 3:23
- B. Believe Jesus is Son of God, loves me and died on the cross for me taking the punishment I deserve and rose again.
- C. Pray and commit my life to Jesus, thank Him, confessing my sin.. (1John 1:9), repenting and receiving Christ into my life as Saviour and Lord.

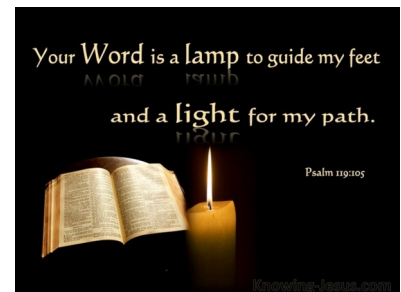
What to pray.....

Heavenly Father.. *I admit I have done wrong and need forgiveness. Thank You for Jesus who has taken the punishment for my sins on the cross. Please forgive me for my sin and help me turn away from doing wrong (repent). With Your help Jesus I am willing to follow and obey You as Lord and Saviour of my life. Thank You for the gift of the Holy Spirit and eternal life with You.*
In Jesus' Name. Amen

Let someone know if you have prayed this prayer sincerely for the first time.. We need to **keep growing** as a disciple of Jesus.. reading the Bible & meeting with others to learn, worship & serve together.

2. . Jesus said, *"I am the _____ of the world"* John 8:12

- Jesus said, *"I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life"* John 8:12.
- I am reminded of the words from the Bible... *Your Word is a lamp for my feet, a light on my path.* Psalm 119:105. This means that if we follow Jesus we will not walk blindly in the darkness falling into sin and making bad choices.



- For example, we go to the Bible to find God's definition of marriage and sexuality *"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh"* Matthew 19:4,5.. God's model for family: - leave (parents) — cleave (marriage) —one flesh (intimacy).
- Jesus says this about His followers "You are the light of the world" Jesus is like the "sun" and we are the "moon" (metaphorically speaking). Jesus generates the light, we reflect that light. We need to walk closely with Jesus to keep reflecting that light ..
- Remember the old fashioned reflectors on bikes... when a car comes up from behind with headlights on they see us because their light reflects off our bike reflector. So we need to keep our "reflector" clean. Reflecting the light of Jesus—Billy Graham says "As I've travelled around the world, I've seen the light of thousands of Christian hospitals (even hospital ships!) & schools etc extending a Christian hand of compassion to a needy world".

3. Jesus said, "*I am the* _____ John 10:9..

I am the Gate (door); whoever enters through Me will be saved. They will come in and go out, and find pasture John 10:9..

- Jesus is saying this in the context of a shepherd looking after his sheep. At night time the sheep would come into the fold through the gate and when all sheep are in the fold, the gate would be closed. The shepherd would often sleep across this gateway providing protection from enemies outside. Just as the shepherd cared for the sheep, Jesus as the Good Shepherd cares for His flock, those who follow Him.

Revelation 3:20.... *Here I am! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me.*

- The Laodicean church was complacent and rich. They were so busy enjoying worldly pleasures that they did not hear the gentle knock of Jesus. Jesus loves us and wants fellowship with us all. He does not force His way in to our lives but knocks gently. We have the choice of whether we open the door or not to receive Him.

4. Jesus said, "*I am the true* _____ John 15:1..

Jesus said, "*I am the true vine*" (John 15:1). "*I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit*" (John 15:5).

- Jesus reminds us that just as branches gain nourishment and life from the vine so we are completely dependent on Jesus for spiritual nourishment. When we receive Christ, He gives us the Holy Spirit, and the Holy Spirit produces fruit in our life if we walk obediently with Him. What kind of fruit? Check Galatians 5:22,23.
- The closer we are to the Vine the more fruitful we are. Be reminded. We need to be pruned regularly. Pruning is painful but more fruit is produced.. John 15:2.. Romans 5:3,4..



5. Jesus said, "*I am the good* _____ John 10:11.

Jesus said, "*I am the good shepherd. The Good Shepherd gives His life for the sheep*" John 10:11.

- Sheep are dependent on a shepherd—for protection and for guidance.. The Bible says, "*All we like sheep have gone astray*" Isaiah 53:6. People are like sheep. We wander around blind; we get lost. We're lost from God. We've strayed from God.
1. The Good Shepherd loves the sheep. Sheep are helpless without a shepherd. Psalm 23... He leads us beside still waters.
 1. The Good Shepherd leads the sheep. The way to know the will of God is to walk with Jesus
 1. The Good Shepherd lays down His life for the sheep.. John 10:11..

- We are like lost sheep until we come to know and follow Jesus as the Shepherd. Shepherds at the time of Jesus lived with their sheep, he knew their names. He led them to food and provided protection and security. Whatever happens—no matter what tragedy overtakes us, Jesus is there as the Shepherd and we are His sheep. He loves us and gave His life for us you,.. *“Lo I am with you until the end of the age”*.. Matthew 28:18-20.

6. Jesus said, *“I am the resurrection and the _____”* John 11:25

Jesus said, *“I am the resurrection and the life. The one who believes in Me will live ..”* John 11:25.

- Jesus offers us eternal life. One day one of Jesus’ friends died, and Jesus raised him from the dead. He said to Lazarus, “Lazarus, come forth!” And Lazarus came out of the grave (John 11:11-44). Jesus has power over life and death. Jesus provides us with a wonderful hope in the midst of death and disease like COVID-19.

7. Jesus said, “I am the _____, the Truth and the Life..” John 14:6.

Seventh, Jesus said, *“I am the Way, the Truth, and the Life. No one comes to the Father except through Me”* (John 14:6).

- This is Jesus most exclusive statement. The world wants “inclusion”... every way will do. Jesus says there is only One way. Jesus is the method (the Way—the pathway to the Father), the Truth (the message is not fake but absolutely true) and the Life (abundant, eternal life). There is no other way to our Heavenly Father who is perfect, He is holy. We are all sinners. Every other faith in the world is people trying to reach up to God (good works—we can’t do it) —but the Christian faith is where God reaches down to us through His Son, Jesus Christ..

I trust that for each of us that I:

1. .. am eating of the **“bread** of life”..
2. .. am walking in the **Light** as He is in the light.
3. .. have walked through the **doorway** that Jesus has provided. \
4. .. as a **“branch”** I am abiding with the Vine..
5. .. as a sheep daily walks with the **Shepherd**
6. .. am born again with the life giving **resurrection** of Jesus
7. .. am a follower of the One who is **the Way, the Truth and the Life..**

- Have you given your life to Jesus? Don’t delay. This is the most important decision of our lives. If you have given your life to Jesus, keeping growing in Him, serving Him, loving Him, worshipping Him and one day we will be in His glorious presence for ever and ever.. Amen!!! Revelation 21:4..

Testimony: Bob ... “I was 18 inches from heaven...” ... I knew about the Lord, but I didn’t know Him personally.....