

40 Days: Fasting and Feasting

Today, you have completed your first week of intensifying your prayer life through fasting.

This morning or later today, you begin John 6. It opens up with 2 incredible miracles. One experience by a massive crowd and another reserved for only his disciples:

1. The feeding of the 5000 with 5 loaves and 2 Fishes (*sign for a multitude*).
 - This is today's reading (day 7)
2. Walking on the Water (*sign for only his disciples*).
 - Tomorrow's reading (day 8)
3. Then a great teaching on the Bread of Life.

The Teaching on The Bread of Life

The crowd followed and found him in Capernaum!

1) The crowd was full of sign seekers that couldn't read the signs.

6:26 – 31 NLT 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." **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.'"

1. Be thankful for the battles you have already won and don't forget them!
2. Fight in prayer for the battles you are yet to win and don't give up on them!

vv. 32 – 36 NLT 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. **36** But you haven't believed in me even though you have seen me.

And just to make sure they didn't miss what He said, **Jesus repeated this several times in different ways:**

- a) "*For the bread of God is He who comes down... gives life to the world.*" (John 6:33 NKJV)
- b) "*For I have come down from heaven, not to do My own will, but the will of Him who sent Me.*" (John 6:37 NKJV)
- c) v. 49-51 NLT Your ancestors ate manna in the wilderness, but they all died. **50** Anyone who eats the bread from heaven, however, will never die. **51 I am the living bread** that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh."

John 20:27-29 NIV (Jesus walked through the locked door) Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." **28** Thomas said to him, "My Lord and my God!" **29** Then Jesus told him, "Because you have seen me, you have believed; **blessed are those who have not seen and yet have believed.**"

Learn how to self-feed. vv. 53-58 ESV So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. **54** Whoever **feeds** on my flesh and drinks my blood has eternal life,

and I will raise him up on the last day. **55** For my flesh is true food, and my blood is true drink. **56** Whoever **feeds** on my flesh and drinks my blood abides in me, and I in him. **57** As the living Father sent me, and I live because of the Father, so whoever **feeds** on me, he also will live because of me. **58** This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever **feeds** on this bread will live forever.”

- What does “**feed on my flesh**” mean?

Feasting on Jesus:

Come to me daily. Sit with me, read about on me, listen for me, trust me, worship me, work for me, draw life from me, digest my words and my power into your spirit and you will have the food that endures to eternal life.

This Bread of Life has Power

The bread of heaven has...

1) Power to Save You.

John 6:40 & 44 NIV 40 For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

*v.44 “No one can come to me unless the Father who sent me **draws them**, and I will raise them up at the last day*

Some of the Jews there on that day... Missed it! v. 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’?”

2) Power to Strengthen You.

3) Power to Satisfy You.

Ps 65:8 NIV The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy.

Feasting on Jesus's goodness is how to find the joy of living in awe and wonder!

Peter said, “Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know who you are! You are the Holy One of God.

Finally, don’t get discouraged, don’t walk away, don’t quit your fast!

Give thanks for the battles you have won.

Be strengthened for the battle you are in.