

**Soul Food (John 6:22-71)****Pastor Deric**

(22) On the next day the crowd that remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. (23) Other boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. (24) So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.

(25) When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" (26) Jesus answered them, "Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. (27) Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal." (28) Then they said to him, "What must we do, to be doing the works of God?" (29) Jesus answered them, "This is the work of God, that you believe in him whom he has sent." (30) So they said to him, "Then what sign do you do, that we may see and believe you? What work do you perform?" (31) Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" (32) Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. (33) For the bread of God is he who comes down from heaven and gives life to the world." (34) They said to him, "Sir, give us this bread always."

(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. (36) But I said to you that you have seen me and yet do not believe. (37) All that the Father gives me will come to me, and whoever comes to me I will never cast out. (38) For I have come down from heaven, not to do my own will but the will of him who sent me. (39) And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. (40) For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."

(41) So the Jews grumbled about him, because he said, "I am the bread that came down from heaven." (42) They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven'?" (43) Jesus answered them, "Do not grumble among yourselves. (44) No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. (45) It is written in the Prophets, 'And they will all be taught by God.' Everyone who has heard and learned from the Father comes to me-- (46) not that anyone has seen the Father except he who is from God; he has seen the Father. (47) Truly, truly, I say to you, whoever believes has eternal life. (48) I am the bread of life. (49) Your fathers 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. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh."

(52) The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" (53) 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." (59) Jesus said these things in the synagogue, as he taught at Capernaum.

(60) When many of his disciples heard it, they said, "This is a hard saying; who can listen to it?" (61) But Jesus, knowing in himself that his disciples were grumbling about this, said to them, "Do you take offense at this? (62) Then what if you were to see the Son of Man ascending to where he was before? (63) It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life. (64) But there are some of you who do not believe." (For Jesus knew from the beginning who those were who did not believe, and who it was who would betray him.) (65) And he said, "This is why I told you that no one can come to me unless it is granted him by the Father."

(66) After this many of his disciples turned back and no longer walked with him. (67) So Jesus said to the twelve, "Do you want to go away as well?" (68) Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life, (69) and we have believed, and have come to know, that you are the Holy One of God." (70) Jesus answered them, "Did I not choose you, the twelve? And yet one of you is a devil." (71) He spoke of Judas the son of Simon Iscariot, for he, one of the twelve, was going to betray him. [John 6:22-71 ESV]

### **Practical Application**

1. At times there will be crowds around you, at times there will be a few people, and times you might be all alone. No matter what people do or don't do, you keep following Jesus.
2. Give thanks for all that God gives you no matter where you are, who your with, or what you have.
3. Seek Jesus to know Him, love Him, honor Him, and serve Him, not just for what He can give you.
4. Live for Christ with an eternal mindset, for an eternal purpose, and for eternal rewards.
5. Ask Jesus all your questions and listen for His voice, His teaching, and His Word for His answers.
6. God wants you to trust Jesus, put your faith fully and completely in Him, and to follow Him as His disciple with all your heart.
7. God the Father feeds His children with bread/manna from heaven. Jesus is that bread/manna from heaven.
8. Jesus alone is the "soul food" we all need to satisfy the immaterial part of who we are as people.
9. Have you feasted on Jesus? Have you received Him into your heart?
10. Jesus is the life giving, soul satisfying, spirit awakening nourishment we need.
11. Jesus is the only way for the people of the world to be made whole.
12. The bread from heaven is better than the bread you can get anywhere on earth.
13. Have you asked God for the life giving bread from heaven (Jesus)?
14. Jesus Christ is the bread of life, and He alone can feed us what we need. Jesus is the great "I AM."
15. Christians are a gift from God the Father to God the Son, and God the Son will never let them go or throw them away.
16. True believers are drawn by God and come to Jesus.
17. God's will is for Jesus to save you, protect you, keep you, and bring you home to your Heavenly Father.
18. We must recognize who Jesus really is. He is the Christ, the Son of God, the Savior of the world, and the Lord of all.
19. Jesus promises and guarantees our triumph over death, our bodily resurrection, and eternal life for all who believe.
20. Let God be your teacher for the rest of your life and into eternity.
21. Jesus is the only meal that can fill you forever.
22. What meal replacements are you tempted to look to and eat on instead of Christ?
23. Having an empty or malnourished soul leads to increased susceptibility to temptation, slavery to sin, and long term consequences.
24. Jesus gave His body (bread) and shed His blood (wine/juice) on the cross so that we might have eternal life. Communion (The Lord's Supper) reminds us of this wonderful life-giving meal.
25. Believe in Christ. Trust in Christ. Feast on Christ.
26. Fully embrace the easy and the hard teachings of Jesus. He is worthy of your full commitment.
27. Don't be offended by Jesus. Be offended by satan, sin, and evil.
28. Let the love and power of the ascended Son of God give you life through the Holy Spirit.
29. Do not be controlled by your flesh, but be controlled by the Spirit of God.
30. Jesus knows who is sincere, who is fake, and who is a betrayer.
31. Don't let anything or anyone keep you from following Jesus as His true and genuine disciple.
32. Numbers are not always the best indicator of success or failure. Success is doing the will of God.
33. Jesus is the Lord, the Holy One of God, and the only Savior.
34. Jesus knows what it's like to be sinned against, abandoned, betrayed, and unjustly accused and treated.
35. Jesus will empathetically and compassionately love and lead you through life's deepest sorrows, pain, and suffering.
36. Jesus is our "Soul Food."

### **Announcements**

1. Wednesday night children's programing (Awana) & adult small group Bible study is from (6:30-7:30pm). Pastor Deric is leading the adult study each week through Proverbs. It will center on growing in wisdom, knowledge, understanding, discernment, & practical life skills related to relationships, money, work, marriage, family, & parenting.
2. The HMC Men's Ministry will meet next on February 12. 2023. It will be STEAK NIGHT! The meeting will begin at 5:00 PM. All who would like to watch the Super Bowl can. Be sure to register ahead of time.
3. A new small group will start next Sunday morning on Feb 12th at 9am on campus emphasizing missions and evangelism. This class, led by Michael Garrison, will focus on both foreign and home missions. If you have ever had an interest in missions please join us on the 12th when we will begin discussing what missions at Hope Mountain will look like over the coming months.