

"I Am the Bread of Life"

Mount of Olives | January 25, 2026 | John 6:48-51

Pastor John Steward

Prayer of the Day

Heavenly Father, it is so easy for us to worry about our daily needs, but often through unseen ways and unexpected circumstances You always come through. Strengthen our faith in Your provision, we pray. In Jesus' name, Amen.

Scripture Reading

John 6:48-51

"I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. 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."

Message Notes

John 6:35-36

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. But I said to you that you have seen me and yet do not believe."

John 6:41-42

Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?"

John 6:48-51

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Study Questions

Read John 6:25-59

1. What type of bread are you today: All natural? Rye? Moldy? Crusty? Fresh? Easy to butter up?
2. Why are the crowds still searching for Jesus (vv. 24-26)?
3. How does Jesus' response to their question show the difference between his interests and theirs?
4. How are they to work for the food that leads to eternal life (v. 29)?
5. What does the crowd ask Jesus to do in order that they can believe him? What is their real interest?

6. How does Jesus use their interest in food to illustrate what he wants them to understand? What are the similarities and differences between manna (Ex 16) and the “bread of life” (v. 35)?
7. What claims does Jesus make in verses 35-40? What do these claims emphasize about his being the bread of life? About the will of the Father?
8. In verses 41-42, how do the crowds respond to his claims? How is the principle of the hometown prophet (see 4:44) played out here?
9. What part is played by God and by the people in the process of coming to know Jesus (vv. 44-45)? What promise is repeated three times for those who do come to him? Why the emphasis on this?
10. How is the “bread” he gives greater than that of Moses (vv. 32, 49)?
11. Why does Jesus develop the food analogy even more graphically (vv. 53-58)?
12. What does Jesus mean by “eating his flesh” and “drinking his blood” (vv. 51-58)?
13. What is the main reason you follow Jesus?
14. How would you describe your daily spiritual diet: junk food? Frozen food? Baby food? Tv microwave food? Leftovers? Meat and potatoes? Pure bread and wine?
15. Has your familiarity with Jesus (from Sunday School stories, private Christian school, tv shows, etc.) ever kept you from seeing who he really is? What can remove the blinders?
16. If someone asked, “How do you hunger and thirst after God,” what counsel could you offer?