

STEP 6 – WILLING TO CHANGE

“Blessed are those who hunger and thirst for righteousness, for they shall be filled.”

–Matthew 5:6

JOHN 6 – SUMMARY*

John 6 opens with a hungry crowd—literally and spiritually. They follow Jesus because they have seen signs, but they don’t yet understand who He is. Jesus feeds them with miraculously multiplied bread. Their physical hunger is met, but it’s a temporary satisfaction.

The people are satisfied, but instead of moving toward worship, they move toward control. They want to make Jesus king on their terms—a provider without surrender, a miracle-worker without obedience.

Their hunger is real, but it is misdirected. They want bread that fills the stomach, not righteousness that reshapes the soul. When the crowd finds Jesus again, He challenges their motives for following Him: *“You are looking for me not because you saw signs, but because you ate the loaves and had your fill.”*

Jesus reframes hunger itself. He invites them to stop working for food that perishes and instead hunger for food that endures to eternal life, echoing Matthew 5:6. True blessing comes not from being full, but from wanting the right thing deeply enough.

They ask for bread again. Jesus offers Himself and declares, *“I am the bread of life. Whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”*

This is not a promise of physical comfort, but it is a promise of satisfaction at the deepest level. Righteousness, in Matthew 5:6, is a right relationship with God made possible through Jesus.

To hunger for righteousness is, ultimately, to hunger for Jesus.

As Jesus presses further—speaking of eating His flesh and drinking His blood—the crowd is repulsed. The metaphor is too demanding. It implies dependence, surrender, and participation in His death.

Those who want blessing without transformation walk away. Many of them walk away. They don’t understand the blessing beyond the demand. Some remain. They don’t fully understand, either, but they stay.

Jesus asks the Twelve if they will go too. Peter responds with words that define righteous hunger:

“Lord, to whom shall we go? You have the words of eternal life.”

Peter certainly does not understand everything, but he knows enough to stay with Jesus. He knows where life is found. This is the hunger Jesus blesses—the hunger that trusts and remains.

*Please read John 6 for the full story

ENTERING THE STORY

This is a story about repentance. Repentance is not first about behavior; it’s about desire and hunger. It begins when we realize that what we’ve been feeding on cannot truly satisfy, and so we turn toward the One who can. The crowd in John 6 wanted Jesus to meet their desires without reshaping their desires. Repentance is the willingness to let Jesus change what we want.

THINKING IT THROUGH

Step 6 of **RE:GENERATION** is Repentance: *We become entirely ready to turn away from our patterns of sin and turn to God.*

Repentance is a “churchy” word, and it is an important word. It literally means a change of mind. In the Bible, it evolves into a concept: a change of mind and heart that results in a change of direction.

It often involves sorrow (See 2 Corinthians 7:10) for believing the wrong things and going in the wrong direction, but it’s much more. It is a reorientation of one’s life toward God.

Repentance involves the admission that you’re on the wrong path, desiring the wrong things, and then turning around to go in the right direction.

Most people in the crowd in John 6 were unwilling to change their thinking about Jesus. They wanted Jesus on their terms. He was challenging them to move from consumption to communion.

Today, it’s easy to want Jesus as Savior, but not as Lord. Wanting Jesus as Savior means wanting His forgiveness and rescue. “Jesus, take my sin.” Wanting Jesus as Lord means surrendering your whole life to His leadership. “Jesus, take my life.”

QUESTIONS TO CONSIDER

1. Where am I aware that my current patterns are not leading to life, even though they may still feel familiar or comforting?
2. What desires, expectations, or ways of thinking am I being invited to release so that God can reshape my heart?
3. In what area of my life do I sense resistance to change, even though I know Jesus is offering something better?
4. What would it look like for me to move from wanting Jesus on my terms to trusting Him on His terms?
5. Am I willing to let God change the direction of my life?

CLOSING PRAYER

Jesus, we confess that we have often hungered for things that cannot satisfy. We see the patterns that have shaped us, and we admit that change feels costly and uncertain. Still, we want to be willing. Where our hearts resist, soften us. Where our desires are disordered, reorder them. Where fear keeps us stuck, remind us that You are the source of life. We offer You our willingness—even when it feels small. Shape our hunger. Turn our hearts toward You. And lead us into the life that only You can give. Amen.

RE:GENERATION

Re:generation focuses on heart transformation, seeking to remove the idols of our hearts that keep us from a deep, intimate relationship with God. It takes the spiritual wisdom embedded in the Twelve Steps and roots it unapologetically in the Gospel—in Scripture, repentance, grace, and the transforming work of Jesus. We plan to launch Re:generation at Sherwood Oaks Bloomington this fall, with an informational meeting this summer.

Re:generation General Information: <https://www.regenerationrecovery.org/>

Find your struggles (a survey): <https://www.regenerationrecovery.org/struggle-finder>

12 Steps with Key Concepts: <https://www.watermarkresources.com/ministries/regen/12steps>