

John 6v25-35 - “I am the bread of life”

In today’s passage Jesus is talking about bread, something we all take for granted, especially as we have so much choice! However, back in Jesus’ day, bread was not an optional mealtime accompaniment, it was essential. Bread was something you could not live without. But the bread Jesus talks about is not essential for daily life, but eternal life.

#1 - Pursue food that endures to eternal life

Jesus challenges those who come looking for him in the hope of another free lunch (Cf John 6v26), and encourages them to pursue, to hunger after, to desire eternal life instead. The crowd, like us, can be so busy with daily existence, that we forget all about God’s promise of eternal life (Cf. Isaiah 55vv1-3).

#2 - God has sent Jesus to give this food

In v28, it is clear that the crowd think they need to earn this food. Jesus responds by telling them that what they need to do is to “believe in”, “entrust”, “put their faith in” the one who was sent from God. They need to believe that Jesus is who he says he is! Jesus alone has come from heaven and has been authorised by God to give this food that endures to eternal life.

In v34, it looks like the crowd now understand, for they ask Jesus, “*Sir, give us this bread always.*”

But their understanding is not yet complete. They think that Jesus is the one who can give this bread! They are asking that Jesus would deliver them some of this bread each and every day.

But Jesus is saying **much** more than that! In v35 Jesus says very clearly that this true bread from heaven which gives eternal life, is himself...

#3 - Jesus is the true bread from heaven who gives eternal life

Jesus is not the deliverer of the bread. He is the bread. Christianity is different to religion, because it is about coming to a person, it is about relationship with Jesus Christ. It is not about trying to earn eternal life. It is about coming into relationship with Jesus, who gives eternal life.

In v35 we have the most wonderful life changing-promise! This is the promise of eternal life for all those who come, for those who believe in Jesus.