

# I Am — The Bread of Life

**Text: John 6:35 (KJV)** “And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.”

## Introduction

Does Jesus ever offend you?

### Reflection:

Think of moments that left you disappointed—an unanswered prayer, a forgiven injustice, or a costly sacrifice that didn’t bring the expected outcome.

## What Are You Really Hungry For?

**John 6:26** “Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.”

### Reflection:

The crowd followed Jesus because they were fed, not because they truly saw who He was. Where in your life are you seeking what fades instead of what lasts?

## Sin vs. Spiritual Nourishment

**Proverbs 14:12** “There is a way which seemeth right unto a man, but the end thereof are the ways of death.”

**John 6:35** “I am the bread of life: he that cometh to me shall never hunger...”

### Reflection:

Sin offers a false satisfaction—“empty calories” that eventually leave you lifeless. Jesus offers the only nourishment that fills the soul eternally. What have you been consuming that seemed right—but left you empty?

## Partake Fully

**John 6:56–58** “He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him...”

**John 1:4** “In him was life; and the life was the light of men.”

### Reflection:

Jesus invites full dependence, not partial connection. Where in your life are you still trying to live without full reliance on Him?

## What You Consume Defines Your Testimony

**Revelation 12:11** “They overcame him by the blood of the Lamb, and by the word of their testimony...”

**Reflection:** His blood works without your effort—but your testimony is shaped by what you consume. As you consume Him, something begins to flow out of you—boldness, strength, clarity. What has your recent spiritual diet looked like?

# Three Ways to Consume Him

## Divine Sustenance

John 6:35 “He that cometh to me shall never hunger...”

Jesus fulfills the deepest need of your soul.

### 1. Divine Sustenance

Jesus is the source of spiritual nourishment, fulfilling your eternal need.

### 2. Sacrifice & Fellowship:

His broken body forms a covenant, not convenience. A relationship of confidence, unity, and trust.

### 3. Holiness & Presence:

Psalm 91:1 “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.” He brings protection, provision, and power through His presence.

### Reflection:

Where do you most need to realign your spiritual diet—sustenance, fellowship, or presence?

## Conclusion

**John 6:35 (Revisited):** “I am the bread of life...”

### Reflection:

Jesus offers not a temporary fix, but eternal fulfillment.

He is the Bread that satisfies every hunger the world cannot reach.

What would it look like to receive Him fully—today?