

Jesus the Bread of Life

John 6:35, 48 New American Standard Bible (NASB)

³⁵ *Jesus said to them, “I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.*

⁴⁸ *I am the bread of life.*

Introduction

Two weeks ago, I spoke about the importance of knowing of God, not just about God. Last Sunday, I talked about the ways we can know the Lord intimately (Scriptures, Adversity, Prayer, and Obedience). In this business of knowing God, Jesus clearly points out that no one can come to know the Father without Him. If you want to know God intimately, you need to come near God. To approach God, you need to go through Jesus. The only way to the Father is Him, Jesus says.

Jesus is also the only One who reveals the true Father to us. That’s why I said knowing Jesus is knowing God and not knowing Christ means the ignorance of God. So, this morning, I am launching another sermon series on knowing of Jesus. We will listen and pay attention to what Jesus says about Himself. I studied the Scriptures on this subject and will present to you 8 different sermons where Jesus explains who He is. Today is the first one. Jesus the Bread of Life.

Content

In John 6, Jesus says that He is the Bread of Life. Let me read some verses to you with my comments from time to time.

That day Jesus was teaching in the synagogue in Capernaum. (kc---This was right after Jesus fed the 5000 people with five loaves of bread and two fish).

²⁵ *When they (kc---the crowd) found Him on the other side of the sea, they said to Him, “Rabbi, when did You get here?”*

²⁶ *Jesus answered them and said, “Truly, truly, I say to you, you seek Me, not because you saw signs, but because you ate of the loaves and were filled.*

--Here, Jesus once again tells us the truth. I wonder how many of us today do the same—seeking and following Jesus only for the physical benefits and material needs of this life, not for eternal life. Jesus continues,

²⁷ Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal.”

--Do you hear what Jesus is saying here? Do not work for the food which perishes (the food that helps us only for physical survival). Instead, work for the food which endures to eternal life which Jesus the Son of God gives. Jesus also talks about God’s seal on Him. So, the crowd asked Him,

*...³⁰ ... “What then do You do for a sign, so that we may see, and believe You? What work do You perform? ³¹Our fathers ate **the manna** in the wilderness; as it is written, ‘He gave them **bread out of heaven to eat.**’” ³²Jesus then said to them, “Truly, truly, I say to you, it is not Moses who has given you the bread out of heaven, but it is **My Father who gives you the true bread out of heaven.** ³³**For the bread of God is that which comes down out of heaven, and gives life to the world.**” ³⁴**Then they said to Him, “Lord, always give us this bread.”***

--Jesus says, I am glad that you brought it up. Let’s talk about the sign of manna. Let me tell you that it wasn’t Moses who gave your fathers the manna, but it was My Father. The true bread out of heaven, which is Me, will give you life, not just to you, but to the entire world. So, the crowd said, Lord, always give us this bread. Then, Jesus explains to them,

*³⁵ ... “**I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.**” ³⁶But I said to you that you have seen Me, and yet do not believe. ³⁷All that the Father gives Me will come to Me, and the one who comes to Me I will certainly not cast out. ³⁸**For I have come down from heaven,** not to do My own will, but the will of Him who sent Me. ³⁹This is the will of Him who sent Me, that of all that He has given Me I lose nothing, but raise it up on the last day. ⁴⁰For this is the will of My Father, that everyone who beholds the Son and believes in Him will have eternal life, and I Myself will raise him up on the last day.”*

--Here, Jesus reveals Himself to the crowd: I am the bread of life that you ask for; whoever comes to Me will not hunger, and whoever believes in Me will never thirst. Reality Check: No hunger in Christ, no thirst in Christ. Has it been realized in your walk with Christ? Can we honestly say that we no longer hunger or thirst because of Christ and in Christ?

--Here’s another truth. Seeing Jesus face to face, Jesus declares, doesn’t mean that they believe in Him as their Lord and Savior. E.g., Judas Iscariot was with Jesus for three

years, yet betrayed Him. For us, to attend church services doesn't mean that we believe in Jesus as Savior and Lord, either. To those who believe in Jesus, here's the promise: ³⁷ *All that the Father gives Me will come to Me, and the one who comes to Me **I will certainly not cast out.*** Jesus will never cast us out.

---Then the crowd started grumbling about Jesus' claim that He has come down from Heaven. Their problem was that they were stuck in minor details that they missed the whole point—in this case, they were stuck with the word of Jesus “coming down from heaven.” So, they grumbled saying,

⁴² *They were saying, “Is not this Jesus, the son of Joseph, whose father and mother we know? How does He now say, ‘I have come down out of heaven?’”* ⁴³ *Jesus answered and said to 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 shall all be taught of God.’ Everyone who has heard and learned from the Father, comes to Me. ⁴⁶ Not that anyone has seen the Father, except the One who is from God; He has seen the Father.*

---Once again, Jesus reiterates that no one can come to Him unless the Father draws them. The Father God elects us the believers. He calls us. He draws us to Jesus. Jesus saves us and will raise us up on the last day. This is the core of the Gospel. Jesus continues,

⁴⁷ *Truly, truly, I say to you, he who 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 which comes down out of heaven, so that one may eat of it and not die. **51 I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh.”***

---Jesus says here that those who eat the bread from Heaven will not die---those who eat Him, the living bread from Heaven, will live forever. That bread from Heaven is “My flesh,” He says. Jesus implies here what kind of death He will have. On the cross, His flesh will be broken. His blood will be shed. His sacrifice on the cross brings us back to God through forgiveness and reconciliation. With this, the crowd was really puzzled and offended. Once again, they were stuck with the thought of eating His flesh.

⁵² *Then the Jews began to argue with one another, 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 (kc-zoe) in yourselves.*** ⁵⁴ *He who **eats (kc---trogo) 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 He who **eats (kc---trogo)** 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 he who **eats (kc---trogo)** Me, he also will live because of Me. ⁵⁸ This is the bread which came down out of heaven; not as the fathers ate and died; **he who eats (kc---trogo) this bread will live forever**" (John 6:25-58).

---Here, to those who were already aggravated with the idea of eating human flesh and drinking blood, Jesus made it even more graphic. *Are you offended with eating My flesh and drinking My blood?* He said. *Let me tell you more.* Then, He started using a different Greek word for eating: "trogo," which means to 'chew' audibly. For normal eating, another Greek word 'fago' was commonly used. But for voracious eating with a sound like a dog eating a solid food, people used 'trogo.' Four times Jesus used the graphic word 'trogo' in eating of His flesh.

No wonder the crowd was really turned off. Consider the Jewish mindset that would not touch or eat anything unclean, including blood and flesh. When Jesus asked them to 'chew' His flesh and drink His blood, they had enough! In fact, in the Early Church days, the believers were accused of drinking blood in their communion. So, after this teaching, many people walked away from Jesus. Remember they were stuck with minor details that they missed the whole point. So, let's get what Jesus is actually saying here: He never commands us to be a carnivore, eating literal flesh and drinking real blood. Rather, Christ points to the truth, the promise and God's plan for the world through Him. Whoever comes to Jesus will have eternal life through His sacrificial death on the cross. They will not hunger or thirst. All in Him and through Him.

One more thing and I will be through. In today's passage, Christ says that He is the Bread of Life and the Living Bread.

What's that mean 'the Bread of Life?' The Bread that gives life. The Bread that we eat for life. By the way, the 'life' Jesus talks about here is not the biological 'life' ---the Greek word for biological life is 'bios' (biology, biological...). He instead talks about different life called 'zoe.' 'Bios' is a biological life with limited life span (for us 80 years). 'Zoe' is a life that is fulfilling, abundant, and eternal. Remember John 3:16? Whoever believes in Him should not perish but have eternal 'life.' Which Greek word was used for 'life' here? You got it right. 'Zoe,' not 'bios.' Another one. Christ came to give us 'life' abundant (John 10:10). Which 'life' did He use? 'Zoe,' not 'bios.' You got the picture.

Anyway, back to the bread of life. It means that Christ gives 'zoe' life to us and to the world (v. 33) as bread brings 'bios' life to everyone. We rely on Jesus for our 'zoe' life

eternal as we rely on bread for our 'bios' life temporal. No one will have eternal life without Christ as no one will survive without bread. Get this. Christ the Bread feeds our spirit and sustains our life 'zoe.' He provides us with life 'zoe' abundantly here on earth and life 'zoe' eternal after death. Interestingly, Christ also calls Himself the Living Water (John 4:10). So, to us, Christ is our bread and water.

Imagine that everything is taken away from us. For our body's survival, we need two basic things: bread and water. Likewise, for our soul and spirit's survival, we need Christ the Living Bread and the Living Water (John 4:10). Without Him, we cannot survive. We need Him every day in this life and in the life beyond. Listen to Jesus: ³⁵ *Jesus said to them, "I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst. ⁵¹ I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh"* (John 6:35, 51).

You may ask "how does Christ sustain me?" Here's how: He comes into you and lives in you, 24/7, through His Spirit. He feeds your spirit, strengthens you, encourages, and helps you and leads you into all truth in times of temptation and challenge. Without Christ, without the Bread of Life, and without this Living Water, we cannot live a single day--E.g., Christian group 'Avalon's song: "Oxygen"—"You (Christ) are my oxygen, I breathe you in, I breathe you out." The question is: Do we live our life with such an awareness and appreciation of Christ in us? Or, the opposite is true? Many of us believe, act, and live like we don't need Christ that much for our daily survival. It's time that we took Christ seriously as the Living Bread and the Living Water in our lives. Jesus says, ⁵⁵ *For My flesh is true food, and My blood is true drink* (John 6:55). Let's say Jesus is my true food and His blood is my true drink.

Conclusion

As we take the Communion today, let us remember that we are taking Christ's body, eating His flesh, and drinking His blood for our eternal life. He is the Bread of Life and the Living Water. Amen.