

February
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I
AM
the bread
of life

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Introduction

I am the bread of life [John 6:23]. In this first statement of the *I AM* series, Jesus proclaims His purpose as the “true bread from heaven.” Even after Jesus fed 5,000+ people with five loaves and two fish and walked across the lake to the disciples, people still did not understand who He was. His first “I Am” statement reminds us Jesus is the “food that endures to eternal life.”

Discussion

1. **Read John 6:1-59.** Write down all the verses that reference bread [and manna]. Why do you think Jesus used the metaphor of “bread” to refer to Himself? What was the significance of bread to this crowd?
2. **John 6:60** says “On hearing it, many of the disciples said, “This is a hard teaching. Who can accept it?” What do you think was hard for the disciples to accept? Are there people in your circle who struggle with some of these teachings? How can you help them understand and overcome their struggles?
3. If possible, have everyone in your small group take a small piece of bread and **read John 6:35** together as you partake in the “bread of life.” Another option would be to take communion together, using verses from **John 6** or **Matthew 26:26-28**. Take some time for silent and group prayer.

Think About It

Jesus broke five loaves of bread to feed over five thousand people until all of them had enough to eat. This symbol of his sacrifice was not understood by the crowds or even His disciples until His body was broken on the cross, “for the life of the world.” Jesus is our Bread of Life; believing in Him is the only way to eternal life.

Do Something

1. As a group, choose a day to fast from food and spend that time in prayer, reading Scripture and listening to God. Journal about the experience and discuss it with your group at your next meeting.
2. In Discussion question #2, if a person came to mind who is struggling with who Jesus is, make a plan to connect with him/her this week over coffee, over the fence or over your desk. Grab a Little Iowa packet and hand out cards and stickers with a smile and maybe a plate of cookies!
3. Reread John 6 this week. Find a way to capture “I Am the bread of life” in a creative way—through a drawing, a poem, a blog, dance, song, etc.